



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-9:15 Kripalu Suzy						7 – 8:30 am Vinyasa Flow Jerry
	9 am - 10:15am Daily Practice Shankari	9 – 10:30 am Yoga Foundations Steve	9- 10:15 am Daily Practice Shankari	9-10:30 Relax & Restore Steve	9 – 10:15 am Daily Practice Shankari	9- 10:30am Yoga Foundations Steve
	10:30-11:45am Gentle Yoga Shankari		10:30-11:45am Gentle Yoga Shankari		10:30-11:45am Gentle Yoga Shankari	
Sound Healing Workshop Sun Feb. 4th 4-6pm						
Restorative Yoga & Reiki Workshop February 18th 6:30pm \$30pp			6:30-745pm Kripalu Suzy		Kirtan Fri Feb 2nd 7pm	