



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-9:15 Kripalu <b>Suzy</b>						7 – 8:30 am Vinyasa Flow <b>Jerry</b>
	9 am - 10:15am Daily Practice <b>Shankari</b>	9 – 10:30 am Yoga Foundations <b>Steve</b>	9- 10:15 am Daily Practice <b>Shankari</b>	9-10:30 Relax & Restore <b>Steve</b>	9 – 10:15 am Daily Practice <b>Shankari</b>	9- 10:30am Yoga Foundations <b>Steve</b>
	10:30-11:45am Gentle Yoga <b>Shankari</b>	<b>3-4pm Teens Shankari \$12/drop in</b>	10:30-11:45am Gentle Yoga <b>Shankari</b>		10:30-11:45am Gentle Yoga <b>Shankari</b>	
<b>Restorative Yoga &amp; Reiki Workshop Dec. 3rd 6:30pm \$30pp</b>			6:30-7:45pm Kripalu <b>Suzy</b>	Gentle Restorative/Meditation 6:30-7:45 <b>Shankari/Steve</b>	<b>Kirtan Fri Dec. 1st 7pm</b>	