

Shakti Yoga Center

July 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1	2	3	4	5	
			8:45A Basic Joan		8:45A Basic Gen	8:45A Basic Sal	
		10:30A Gentle Joan		10:30A Gentle Joan	ALL OTHER CLASSES CANCELED FOR 4TH OF JULY	10:30A Basic Joan	
			4:00P Gentle Marietta				
		5:45P Basic Gen	5:45P Basic Karen C.	5:45P Basic Gen			
		7:45P Kundalini Sunder	7:45P Basic Sal	7:45P Gentle* Gen			
6	7	8	9	10	11	12	
8:45A Basic Joan			8:45A Basic Joan		8:45A Basic Marietta	8:45A Basic Gen	
10:30A Gentle Nancy	10:30A Gentle Alice	10:30A Gentle Joan		10:30A Gentle Alice		10:30A Basic Pam	
12:30P Basic Nancy							
			4:00P Gentle Marietta				
5:45P R&R Wayne	5:45P Gentle Marietta	5:45P Basic Gen	5:45P Basic Karen C.	5:45P Basic Trish	5:45P Basic Nancy		
	7:45P Basic Nancy	7:45P Kundalini Sunder	7:45P Basic Sal	7:45P Gentle Trish	7:45P 50/50 Pam		
13	14	15	16	17	18	19	
8:45A Basic Joan			8:45A Basic Joan		8:45A Basic Clarissa	8:45A Basic Sal	
10:30A Gentle Nancy	10:30A Gentle Alice	10:30A Gentle Joan		10:30A Gentle Alice		10:30A Basic Pam	
12:30P Basic Pam							
			4:00P Gentle Marietta				
5:45P R&R Gen	5:45P Gentle Marietta	5:45P Basic Gen	5:45P Basic Karen C.	5:45P Basic Trish	5:45P Basic Sal		
	7:45P Basic Nancy	7:45P Kundalini Sunder	7:45P Basic Sal	7:45P Gentle Trish	7:45P 50/50 Pam		
20	21	22	23	24	25	26	
8:45A Basic Joan			8:45A Basic Joan		8:45A Basic Clarissa	8:45A Basic Sal	
10:30A Gentle Nancy	10:30A Gentle Alice	10:30A Gentle Joan		10:30A Gentle Alice		10:30A Basic Sal	
12:30P Basic Pam							
			4:00P Gentle Marietta				
5:45P R&R Gen	5:45P Gentle Marietta	5:45P Basic Gen	5:45P Basic Karen C.	5:45P Basic Trish	5:45P Basic Sal		
	7:45P Basic Nancy	7:45P Kundalini Sunder	7:45P Basic Sal	7:45P Gentle Trish	7:45P Kirtan** Shyamdas		
27	28	29	30	31	** Kirtan: Chanting with Shyamdas - see flyer Kundalini: Poses coupled with Breath of Fire Kids Yoga: Resumes in September * Intro class: first-time students free on 1st Thurs of month		
8:45A Basic Joan			8:45A Basic Joan				
10:30A Gentle Nancy	10:30A Gentle Alice	10:30A Gentle Joan		10:30A Gentle Alice			
12:30P Basic Pam							
			4:00P Gentle Marietta				
5:45P R&R Gen	5:45P Gentle Marietta	5:45P Basic Gen	5:45P Basic Karen C.	5:45P Basic Trish			
	7:45P Basic Nancy	7:45P Kundalini Sunder	7:45P Basic Sal	7:45P Gentle Trish			