



*Please confirm classes and teachers online
Pre-registering for classes is not required but is much appreciated*

Updated 1/19/17

Fall - Winter Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:15 Kundalini Ravi Dev Singh	7:30-8:30 Hatha Flow Kate Holmquist	7:00-8:15 Hatha Flow Colleen Cash	7:30-8:30 Hatha Flow Kate Holmquist	7:00-8:15 Kundalini Dayaljoti Kaur	8:00-8:45 Pranayama & Meditation Laurel Clohessy	
9:00-10:15 Vinyasa Bibi McGill		9:00-10:15 Vinyasa Bibi McGill		9:00-10:15 Vinyasa Bibi McGill	9:30-11:00 Kundalini Signa Cheney	9:00-10:00 Gentle Lexa Gillespie
	10:00-11:30 Kundalini Ajeet Kaur		10:00-11:30 Kundalini Signa Cheney			10:30-12:00 Kundalini Marla Becker
11:00-12:30 Therapeutic Michelle Barton		11:00-12:30 Therapeutic Michelle Barton		11:00-12:30 Therapeutic Michelle Barton		
	12:00-1:00 Vinyasa Pamela Sery		12:00-1:00 Vinyasa Pamela Sery		12:00-1:30 Therapeutic Michelle Barton	<i>Events 1-4</i>
					2:00-3:15 Khalsa Way Prenatal Yoga* Rachel Robinson	
5:30-6:45 Hatha Julie Serafina	5:30-7:00 Kundalini Signa Cheney	5:30-6:45 Hatha Angelle St.Pierre	5:30-7:00 Kundalini Vani Kimbrell	4:30-6:00 Kundalini Greg Allen	4:30-6:00 Kundalini Vani Kimbrell	4:30-6:00 Kundalini Willow Rains
7:30-9:00 Kundalini Guru Surya Khalsa	7:30-8:30 Gentle Angelle St.Pierre	7:30-9:00 Kundalini Ajeet Kaur	7:30-8:30 Gentle & Restorative Dianne Barrett	<i>Monthly Gong Meditations</i>	<i>Events 7-10</i>	7:00-8:15 Yin & Gong Pamela Sery

6833 SE Belmont Ave. 97215 * 503.206.5041

* \$5-15 Suggested Donation Class