



MANDALA YOGA

Fall-Winter Class Schedule Oct 2017 – Feb 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:30 Vinyasa Heather Beckett		9:00-10:30 Vinyasa Heather Beckett		9:00-10:30 Vinyasa Heather Beckett		9:00-10:15 Gentle Annick Vidal
	10:00-11:30 Kundalini Ajeet Kaur		10:00-11:30 Kundalini Signa Cheney		10:00-11:30 Kundalini Signa Cheney	
11:00-12:30 Therapeutic Michelle Barton		11:00-12:30 Therapeutic Michelle Barton		11:00-12:30 Therapeutic Michelle Barton		11:00-12:30 Kundalini Marla Becker
	12:00-1:00 Vinyasa Pamela Sery		12:00-1:00 Vinyasa Pamela Sery		1:00-2:30 Therapeutic Michelle Barton	
						<i>Workshops & Events</i>
	3:30-4:30 Pranayama & Meditation Neera Malhotra		3:30-4:30 Pranayama & Meditation Neera Malhotra			
				4:30-6:00 Kundalini Greg Allen	4:30-6:00 Hatha Flow Veronika Vogler	4:30-6:00 Kundalini Vani Kimbrell
5:30-6:45 Hatha Annick Vidal	5:30-7:00 Kundalini Signa Cheney	5:30-6:45 Hatha Dianne Barrett	5:30-7:00 Kundalini Sat Daya Singh			
7:30-9:00 Kundalini Guru Surya Kaur	7:30-8:30 Gentle Dianne Barrett	7:30-9:00 Kundalini Ajeet Kaur	7:30-8:30 Gentle & Restorative TBA	<i>Workshops & Events</i>	<i>Workshops & Events</i>	7:00-8:15 Yin & Gong Pamela Sery