



# MANDALA YOGA

## Fall-Winter Class Schedule Oct 2017 – Feb 2018

Updated: 11/6/17

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