



**Class Schedule**  
**May 1 – Sept 30, 2019**

Updated 5/23/19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00-11:30 <b>Kundalini</b> Vani Kimbrell	10:00-11:30 <b>Kundalini</b> Wah Khalsa	10:00-11:30 <b>Kundalini</b> Erik Blender	10:00-11:30 <b>Kundalini for Women</b> Signa Cheney	10:00-11:30 <b>Kundalini</b> Maya Luna	10:00-11:30 <b>Kundalini</b> Signa Cheney	10:00-11:30 <b>Kundalini</b> Marla Becker
12:00-1:30 <b>Therapeutic</b> Michelle Barton	12:30-1:30 <b>Sat Nam Flow</b> Greg Allen	12:00-1:30 <b>Therapeutic</b> Michelle Barton	12:30-1:30 <b>Sat Nam Flow</b> Pamela Sery	12:00-1:30 <b>Therapeutic</b> Michelle Barton	1:00-2:30 <b>Sat Nam Flow</b> Greg Allen	1:00-2:30 <b>Kundalini</b> Mia McManuis
				4:30-6:00 <b>Kundalini</b> Wah Khalsa	3:00-4:30 <b>Kundalini</b> Veronika Vogler	4:30-5:45 <b>Gong Meditation</b> Vani Kimbrell
5:30-6:45 <b>Kundalini for Women</b> Wah Khalsa	5:30-7:00 <b>Kundalini</b> Maya Luna	5:30-6:45 <b>Gong Meditation</b> Signa Cheney	5:30-7:00 <b>Kundalini</b> Erik Blender			
7:30-9:00 <b>Kundalini</b> Laurel Clohessy	7:45-9:00 <b>Gentle Flow</b> Dianne Barrett	7:30-9:00 <b>Kundalini</b> Ajeet Kaur	7:45-9:00 <b>Gentle Sat Nam</b> Greg Allen	<b>7:30-10</b> <b>Special Events</b>	<b>6-10</b> <b>Special Events</b>	7:00-8:15 <b>Yin &amp; Gong</b> Pamela Sery

**Registering in advance is appreciated and drop-ins are welcome. Please visit our [Online Schedule](#) to pre-register and confirm teachers. See our [EVENTS](#) page online for Fri & Sat evening Special Events.**