



MANDALA YOGA

Class Schedule

Fall - Winter 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 11:30 Kundalini Vani	10:00 - 11:30 Kundalini Wah	10:00 - 11:30 Kundalini Erik	10:00 - 11:30 Kundalini for Women Signa	10:00 - 11:30 Kundalini Maya	10:00 - 11:30 Kundalini Signa	10:00 - 11:30 Kundalini Marla
12:00 - 1:30 Therapeutic Michelle	12:30 - 1:30 Sat Nam Flow Pamela	12:00 - 1:30 Therapeutic Michelle	12:30 - 1:30 Sat Nam Flow Pamela	12:00 - 1:30 Therapeutic Michelle	12:30 - 1:30 Sat Nam Flow Greg	12:30 - 1:30 Kundalini Betsy
					2:30 - 4:00 Kundalini TBA	2:30 - 3:45 Kundalini Veronika
5:30 - 6:45 Kundalini for Women Wah	5:30 - 7:00 Kundalini Maya	5:30 - 6:45 Gong Meditation Signa	5:30 - 7:00 Kundalini Erik	4:30 - 6:00 Kundalini Isabel		4:30 - 5:45 Gong Meditation Vani
7:30 - 9:00 Kundalini Laurel	7:45 - 9:00 Gentle Flow Dianne	7:30 - 9:00 Kundalini Ajeet	7:45 - 9:00 Gong Meditation Greg	Special Events	Special Events	7:00 - 8:15 Yin & Gong Pamela

Registering in advance is appreciated and drop-ins are welcome.
Schedule may change without notice, please confirm teachers & classes online.

MandalaYogaPDX.com