



# MANDALA YOGA

## Spring-Summer Class Schedule March – September 2018

Updated 2/28/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-10:00 <b>Sat Nam Flow</b> Veronika Vogler		8:30-10:00 <b>Kundalini</b> Erik Blender		8:30-10:00 <b>Kundalini</b> Marla Becker		9:00-10:15 <b>Gentle Hatha Flow</b> Michelle Barton
	10:00-11:30 <b>Kundalini</b> Wah Khalsa		10:00-11:30 <b>Kundalini for Women</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
	12:15-1:15 <b>Hatha Flow</b> Pamela Sery		12:15-1:15 <b>Hatha Flow</b> Pamela Sery		1:00-2:30 <b>Kundalini</b> Sat Narayan Singh	<i>Workshops &amp; Events</i>
	3:30-4:30 <b>Kundalini Meditation</b> Greg Allen		3:30-4:30 <b>Pranayam &amp; Meditation</b> Veronika Vogler	4:30-6:00 <b>Kundalini</b> Wah Khalsa	4:30-6:00 <b>Sat Nam Flow</b> Veronika Vogler	4:30-5:30 <b>Gong Meditation</b> Vani Kimbrell
5:30-6:45 <b>Gong Meditation</b> Vani Kimbrell	5:30-7:00 <b>Kundalini</b> Signa Cheney	5:30-6:45 <b>Kundalini for Women</b> Wah Khalsa	5:30-7:00 <b>Kundalini</b> Erik Blender			
7:30-9:00 <b>Kundalini</b> Guru Surya Kaur	7:45-8:45 <b>Gentle Hatha Flow</b> Dianne Barrett	7:30-9:00 <b>Kundalini</b> Ajeet Kaur	7:45-8:45 <b>Gentle Sat Nam Flow</b> Greg Allen	<i>Workshops &amp; Events</i>	<i>Workshops &amp; Events</i>	7:00-8:15 <b>Yin Yoga</b> Pamela Sery