

## NOVEMBER 2019 SCHEDULE

### Weekly Yoga & Meditation Classes:

#### Monday

- 7-8:30pm - **Kundalini** w/Michael (1.5Hr)

#### Tuesday

- 9:30-11:00am – **Kundalini** w/Michael (1.5Hr)
- 7:00-8:15pm – **Kundalini (Healing in the Divine Feminine)** w/Cynthia (1.25Hr)  
**No 7pm class with Cynthia on Nov 19<sup>th</sup> & 26<sup>th</sup>**

#### Wednesday

- No Classes

#### Thursday

- 7-8:30pm - **Kundalini (Meditation & the Mind - 8 week Series)** w/Michael (1.5Hr)  
Final Class of Series Dec 5<sup>th</sup>, No Class Nov 28<sup>th</sup> on T.G. – Drop-ins Welcome

#### Friday

- 5:30-6:45pm - **Kundalini (Cleanse & Detox Yoga)** w/Nicole (1.25Hr)

#### Saturday

- 10-11:30am - **Kundalini** w/Michael (1.5Hr)

#### Sunday:

- 5:15-7:45am (**November 24<sup>th</sup> Only**) **Aquarian Sadhana Practice** – Free Community Event – Potluck After (instructor varies)

**Kundalini** – General All Levels Yoga & Meditation Classes. Some Classes have ongoing theme or are a Series but always welcome to drop in when on the weekly schedule. (Most classes have gong bath during relaxation.)

**Bhakti Vinyasa** – Bhakti combines chanting of mantras, meditation and postures; that are synchronized with breath. Yoga philosophy & life-affirming themes are woven throughout the class.

**Rates:** Drop In- \$16, 5 Class Card - \$70, 10 Class Card \$120

**Student/Military Rates:** Drop In- \$14, 5 Class Card - \$60, 10 Class Card \$100  
(New Student Special: 5 classes for \$30 (Expires 6 weeks from purchase))