

SHANTI YOGA CENTER | Winter Session "B" 7 Weeks Monday, February 27th through Sunday, April 15th

Tuition for 7 Week Session

1 Class per Week for 7 Weeks: \$77.00
2 Classes per Week for 7 Weeks: \$140.00
Unlimited Class Pass for 7 Weeks: \$195.00

Single Drop-In Class: \$15.00
Shanti Kids: \$50.00 for 7-Week Session
"Try Another Way": \$50.00 for 7-Week Session

Monday	class	level	instructor	comments
9:30 am - 11:00 am	Hatha Flow	Gentle	Heather	
3:15 pm - 3:45 pm	Quiet Sit (FREE)	All Levels	Sundari	
4:00 pm - 5:30 pm	Hatha Flow	Level 1	Sundari	
5:45 pm - 7:15 pm	Live Kriya Rhythms	All Active Levels	Sundari	
7:30 pm - 9:00 pm	Unwind	All Levels	Heather	

Tuesday	class	level	instructor	comments
9:30 am - 11:00 am	Hatha Flow	Level 2-3	Sundari	
11:15 am - 12:45 pm	Hatha Flow	Level 1	CJ	
5:00 pm - 5:30 pm	Quiet Sit (FREE)	All Levels	Sundari	
5:45 pm - 7:15 pm	Hatha Flow	Level 2-3	Sundari	
7:30 pm - 9:00 pm	Hatha Flow	Level 2	Julie	

Wednesday	class	level	instructor	comments
9:30 am - 11:00 am	Back Care / Core Strength	All Active Levels	Jerri	
11:15 am - 12:45 pm	Meditation and Movement	All Levels	Sundari	
3:15 am - 4:45 pm	Quiet Sit (FREE)	All Levels	Sundari	
4:00 pm - 5:30 pm	Writing your Dharma	All Levels	Sundari	
5:45 pm - 7:15 pm	Hatha Flow	Level 2-3	Sundari	
7:30 pm - 9:00 pm	Hatha Flow	Level 1	Heather	

Thursday	class	level	instructor	comments
9:30 am - 11:00 am	Hatha Flow	Level 2	Jerri	
11:15 am - 12:45 pm	Back Care / Core Strength	All Levels	Jerri	
4:00 pm - 5:00 pm	*Shanti Kids	6 - 10 yr. olds	Michelle	
<i>*Pre-Registration Required for Shanti Kids/No Drop-in's Please</i>				
5:45 pm - 7:15 pm	Hatha Flow	Level 1-2	Jerri	
7:30 pm - 9:00 pm	Back Care / Core Strength	All Active Levels	Jerri	

Friday	class	level	instructor	comments
9:30 am - 11:00 am	Unwind	All Levels	Heather	
11:30 am - 12:30 pm	**Try Another Way	Special Needs Class	Deb	

***Pre-Registration Required for Try Another Way/No drop in's please.*

Saturday	class	level	instructor	comments
8:00 am -9:30 am	Hatha Flow	Level 2	Julie	
9:45 am - 11:15 am	Hatha Flow	Level 1-2	Julie	

Sunday	class	level	instructor	comments
10:00 am-11:30 am	Yin/Hatha Flow	All Active Levels	Julie	
6:00 pm-7:30 pm	Restorative	All Levels	Heather & CJ	