

# Lotus Garden Yoga: 9739-B Fair Oaks Blvd. Fair Oaks, Ca 95628

All time changes and new classes are noted in RED.

Changes effective immediately unless otherwise noted.

\*Asterisk indicates classes that are suitable for beginners.\*

Monday	9am – <b>10:15am</b>	Slow Flow Vinyasa All Levels (Tallie)
	<b>10:45 – 12:15pm</b>	Stretch & Strengthen Gentle Yoga (Great for Seniors!) (Sita)*
	<b>4:45–5:45pm</b>	<b>Vinyasa Flow All Levels (Gena) Starts May 22</b>
	<b>6:15pm – 7:30pm</b>	Yin Yoga All Levels (Gena)* <i>Effective May 22</i>
Tuesday	<b>9am – 10:15am</b>	Hatha Yoga All Levels (Gena)
	<b>Noon-1pm</b>	<b>Embodied Yoga All Levels (Julie) Starts May 23</b>
	<b>4:30-5:30pm</b>	<b>Zumba (Low-impact) (Paulette)*</b>
	6pm – 7:30pm	Hatha Yoga Basics (Dawn)*
Wednesday	<b>8:45am – 9:45am</b>	Vinyasa Flow All Levels (Gena)
	<b>10:15-11:45am</b>	Stretch & Strengthen Gentle Yoga (Great for seniors!) (Sita)*
	5pm - 6pm	Chi Gong (David)*
	6:30pm – 8pm	Yin & Yang Yoga All Levels (Gena)*
Thursday	9am – 10:15am	Gentle Yoga Basics (Andrea)*
	10:45am – 12:15pm	Hatha Yoga All Levels (Harsha)*
	Evening Classes	<i>Coming Soon!!</i>
Friday	<b>8:45am –9:45am</b>	<b>Hatha Yoga All Levels (Andrea) Starts May 12</b>
	<b>10:15 – 11:45am</b>	Stretch & Strengthen Gentle Yoga (Great for seniors!) (Sita)*
	6pm-7:30pm	Fit Flow Yoga All Levels (April) <b>Only \$5!</b>
	<b>7:30 –8:00pm</b>	<b>Friday Night Live Kirtan (April &amp; James)* FREE! Starts 5/12</b>
Saturday	8am – 9:30am	Hatha Yoga All Levels (Gena/April)*
	TBA	<i>Coming Soon!</i>
Sunday	9am-10:30am	Hatha Yoga All Levels (April)*
	11 - <b>12:15pm</b>	Chi Gong All Levels (David)*
	<b>5:00-6:15pm</b>	<b>Deep Peace Yoga (Becky)* Starts 5/21</b>

## Class Schedule: Lotus Garden Meditation Center

### 7225 Lincoln Ave. Carmichael, Ca

<b>Wednesday</b>	7pm - 8:30pm	Meditation Part 1
<b>Friday</b>	6:30 pm–8:30pm	Weekly Group Meditation: Candlelight Kirtan and Refreshments (No Experience necessary)
<b>Saturday</b>	10 - 11am	Tai Chi (Robert)
	11am- 12:30pm	Meditation Part 1
<b>Sunday</b>	11am - 12:30pm	Meditation Part 1
	4:30pm –8:30pm	Sunday Kirtan Night ( <i>Currently on hold</i> )

## Prices (valid through May 2017)

<b>Yoga and Chi Gong</b>	Single Class Drop In: \$10
	10 – class pass: \$90 (valid for 1 year)
	Monthly Unlimited: \$100
<b>Senior Prices for Yoga and Chi Gong (Age 60+)</b>	Single Class Drop In: \$8
	10-class card: \$70 (valid for 1 year)
	Monthly Unlimited: \$90
<b>New Student Special</b>	\$14 for 14 days Unlimited
<b>Tai Chi</b>	Single Class: \$10 (No passes or discounts)
<b>Meditation and Kirtan</b>	Free of Charge



# Lotus Garden **Yoga**

**Yoga • Meditation • Tai Chi • Chi Gong**