

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

Class Schedule: Lotus Garden Meditation Center

7225 Lincoln Ave. Carmichael, Ca

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

Prices (valid through May 2017)

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



Lotus Garden Yoga

A decorative flourish consisting of three stylized, greyish-brown lotus petals or leaves arranged in a curve, positioned below the word "Yoga".

Yoga • Meditation • Tai Chi • Chi Gong