



Lotus Garden Yoga

Yoga • Meditation • Tai Chi • Chi Gong

We have two locations to serve you! See reverse side for yoga class schedule.

Class Schedule @ Lotus Garden Meditation Center 7225 Lincoln Ave. Carmichael, Ca

Wednesday	7pm - 8:15pm	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- 12:15pm	Meditation Part 1
Sunday	11am - 12:15pm	Meditation Part 1

Plus..Sunday Night Kirtan Meditation @ San Juan Lodge

Sunday	5:30pm –8:00pm	Sunday Kirtan Night @San Juan Lodge 5944 San Juan Ave. Citrus Heights, Ca 95610
---------------	----------------	--

Prices

Meditation and Kirtan	Free of Charge
Yoga and Chi Gong	Single Class Drop In: \$12
	10 – class pass: \$99 (valid for 1 year)
	Monthly Unlimited: \$115
	3 Months Unlimited: \$315
Senior Prices for Yoga and Chi Gong (Age 60+)	Single Class Drop In: \$10
	10-class card: \$85 (valid for 1 year)
	Monthly Unlimited: \$105
	3 Months Unlimited: \$285
New Student Special	\$14 for 2 weeks of unlimited classes (excludes Tai Chi)
Tai Chi	Single Class: \$12 (No passes or discounts)

Class Schedule @ Lotus Garden Yoga

9739-B Fair Oaks Blvd. Fair Oaks, Ca 95628

If you are new to yoga, our Gentle or Basics classes are a good starting point.

Monday	9am – 10:15am	Slow Flow Vinyasa All Levels (Andrea)
	10:45 – 12:15pm	Gentle Yoga (Sita)
	4:45pm–5:45pm	Slow Flow Vinyasa All Levels (Gena)
	6:15pm – 7:30pm	Yin Yoga (Gena)
	7:45pm-8:30pm	Finding Inner Joy: A Weekly Meditation Session (Becky) FREE!
Tuesday	9am – 10:15am	Hatha Yoga Basics (Gena)
	10:45am - 12:15pm	Gentle Yoga (Lisa)
	6pm – 7:30pm	Hatha Yoga Basics (Lisa)
Wednesday	8:45am – 9:45am	Slow Flow Vinyasa All Levels (Gena)
	10:30am -12:00pm	Gentle Yoga (Lisa)
	5pm - 6pm	Chi Gong (David)
	6:30pm – 7:45pm	Hatha Yoga All Levels (Alli)
Thursday	9am – 10:15am	Hatha Yoga Basics (Andrea)
	10:45am – 12:15pm	Hatha Yoga All Levels (Harsha)
	6pm—7pm	Slow Flow Vinyasa All Levels (Sara)
	7:15pm-8:30pm	Yin Yoga All Levels (Sara)
Friday	8:45am –9:45am	Hatha Yoga All Levels (Andrea)
	10:30 – 12:00pm	Gentle Yoga (Sita)
	6pm-7:30pm	Fun Flow Vinyasa (Morgan) Only \$5! (Must have yoga experience)
Saturday	9am-10:30am	Hatha Yoga All Levels (Gena/Christina)
	11am—12pm, 2nd & 4th Saturdays	Nia Dance! (Kelly) <i>Every 2nd & 4th Saturday</i>
Sunday	9am-10:30am	Slow Flow Vinyasa All Levels (John)
	11am - 12:15pm	Chi Gong (David)
	4pm-5:15pm	Deep Peace Gentle Yoga (Becky)
	5:30-6:30pm, Every 3rd Sunday	Yoga Nidra Guided Relaxation (Gena) <i>Every 3rd Sunday</i>