



# 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

<b>Wednesday</b>	7pm - 8:15pm	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- 12:15pm	Meditation Part 1
<b>Sunday</b>	11am - 12:15pm	Meditation Part 1

## Plus..Sunday Night Kirtan Meditation @ San Juan Lodge

<b>Sunday</b>	5:30pm –8:00pm	Sunday Kirtan Night @San Juan Lodge 5944 San Juan Ave. Citrus Heights, Ca 95610
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## Prices

<b>Meditation and Kirtan</b>	Free of Charge
<b>Yoga and Chi Gong</b>	Single Class Drop In: \$12
	10 – class pass: \$99 (valid for 1 year)
	Monthly Unlimited: \$115
	3 Months Unlimited: \$315
<b>Senior Prices for Yoga and Chi Gong (Age 60+)</b>	Single Class Drop In: \$10
	10-class card: \$85 (valid for 1 year)
	Monthly Unlimited: \$105
	3 Months Unlimited: \$285
<b>New Student Special</b>	\$14 for 2 weeks of unlimited classes (excludes Tai Chi)
<b>Tai Chi</b>	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.*

<b>Monday</b>	9am – 10:15am	Slow Flow Vinyasa All Levels (Andrea)
	10:45 – 12:15pm	Gentle Yoga (Sita)
	5:00pm–6:00pm	Slow Flow Vinyasa All Levels (Gena)
	6:30pm – 7:45pm	Yin Yoga (Gena)
	8:00pm-8:45pm	Finding Inner Joy: A Weekly Meditation Session (Becky) <b>FREE!</b>
<b>Tuesday</b>	9am – 10:15am	Hatha Yoga Basics (Gena)
	10:45am - 12:15pm	Gentle Yoga (Lisa)
	6pm – 7:30pm	Hatha Yoga Basics (Lisa)
<b>Wednesday</b>	9:00am – 10:00am	Slow Flow Vinyasa All Levels (Gena)
	10:30am -12:00pm	Gentle Yoga (Lisa)
	5:00pm - 6:00pm	Chi Gong (David)
	6:30pm – 7:45pm	Hatha Yoga All Levels (Alli)
<b>Thursday</b>	9am – 10:15am	Hatha Yoga Basics (Andrea)
	10:45am – 12:15pm	Hatha Yoga All Levels (Harsha)
	7pm—8:15pm	Slow Flow Vinyasa All Levels (John)
<b>Friday</b>	8:45am –9:45am	Hatha Yoga All Levels (Andrea)
	10:30 – 12:00pm	Gentle Yoga (Sita)
	6pm-7:15pm	Hatha Yoga Basics (Lisa)
<b>Saturday</b>	9am-10:30am	Hatha Yoga All Levels (Gena/Christina)
	11am—12:15pm, 2nd & 4th Saturdays	Nia Dance! (Kelly) <b>Every 2nd &amp; 4th Saturday</b>
	5:00pm—6:30pm	Yin Yoga (Stacy) <b>No class on 4th Saturday of each month</b>
	7:00pm—9:00pm	Mantra Room <b>Every 4th Saturday</b>
<b>Sunday</b>	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) <b>Every 3rd Sunday</b>