

Class Schedule:
Lotus Garden Yoga (New location)
9739-B Fair Oaks Blvd. Fair Oaks, Ca 95628

Monday	9am – 10:30am	Slow Flow Vinyasa Yoga Asana Level I/II (Tallie)
	11am – 12:30pm	Stretch & Strengthen Gentle Yoga (Great for Seniors!) (Sita)
	6pm – 7:30pm	Yin Yoga Asana Level I/II (Gena)
Tuesday	9am – 10:30am	Yoga Asana Level I/II (Gena)
	6pm – 7:30pm	Yoga Asana Level I (Dawn)
Wednesday	8am – 9:15am	Vinyasa Flow Level I/II (Gena)
	10am – 11:30am	Stretch & Strengthen Gentle Yoga (Great for seniors!) (Sita)
	5pm - 6pm	Chi Gong (David)
	6:30pm – 8pm	Yin & Yang Yoga Asana Level I/II (Gena)
Thursday	9am – 10:15am	Gentle Yoga Asana (Andrea)
	10:45am – 12:15pm	Yoga Asana Level I/II (Harsha)
	6:30pm – 8pm	<i>Monthly Workshop, see website</i>
Friday	10am – 11:30am	Stretch & Strengthen Gentle Yoga (Great for seniors!) (Sita)
	6pm-7:30pm	\$5 Flow Yoga Level I/II (April) Only \$5!
Saturday	8am – 9:30am	Yoga Asana Level I/II (Gena/April)
Sunday	9am-10:30am	Yoga Asana Level I/II (April)
	11 - 12pm	Chi Gong (David)

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

Wednesday	7 - 8:30pm	Meditation Part 1
Friday	6:30 –8:30pm	Weekly Group Meditation (Kirtan and refreshments)
Saturday	10 - 11am	Tai Chi (Robert)
	11—12:30pm	Meditation Part 1
Sunday	11 - 12:30pm	Meditation Part 1
	4:30 –8:30pm	Sunday Kirtan Night (<i>Currently on hold</i>)