



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
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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)
	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) FREE!
Tuesday	9am – 10:15am	Hatha Yoga Basics (Gena)
	10:45am - 12:15pm	Gentle Yoga (Lisa)
	6pm – 7:30pm	Hatha Yoga Basics (Lisa)
Wednesday	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)
Thursday	9am – 10:15am	Hatha Yoga Basics (Andrea)
	10:45am – 12:15pm	Hatha Yoga All Levels (Harsha)
	5:30pm—6:30pm	Restorative Yoga (Gena) January 10th - February 28th
	7pm—8:15pm	Slow Flow Vinyasa All Levels (John)
Friday	8:45am –9:45am	Hatha Yoga All Levels (Andrea)
	10:30 – 12:00pm	Gentle Yoga (Sita)
	6pm-7:15pm	Hatha Yoga Basics (Lisa)
Saturday	9am-10:30am	Hatha Yoga All Levels (Gena/Christina)
	11am—12:15pm, 2nd & 4th Saturdays	Nia Dance! (Kelly) Every 2nd & 4th Saturday
	7:00pm—9:00pm	Mantra Room Every 4th Saturday (except in Dec.)
Sunday	9am-10:30am	Slow Flow Vinyasa All Levels (John)
	11am - 12:15pm	Chi Gong (David)
	4pm-5:15pm	Deep Peace Gentle Yoga (Becky)