



# Lotus Garden Yoga

Yoga • Meditation • Tai Chi • Chi Gong

## 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 Gatherings @ 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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Yoga class schedule on reverse

## Prices

<b>Yoga and Chi Gong</b>	Single Class Drop In: \$12
	10 – class pass: \$100 (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 14 days Unlimited
<b>Tai Chi</b>	Single Class: \$12 (No passes or discounts)
<b>Meditation and Kirtan</b>	Free of Charge

# Class Schedule @ Lotus Garden Yoga

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

\*Asterisk indicates classes that are a good starting point for beginners.\*  
*Beginners looking for more challenge are welcome at any of our all-levels classes.*

<b>Monday</b>	9am – 10:15am	Slow Flow Vinyasa All Levels (Tallie)
	10:45 – 12:15pm	Stretch & Strengthen Gentle Yoga (Great for Seniors!) (Sita)*
	4:45pm–5:45pm	Vinyasa Flow All Levels (Gena)
	6:15pm – 7:30pm	Yin Yoga All Levels (Gena)*
	7:45pm-8:30pm	Finding Inner Joy: A Weekly Meditation Session (Becky)* FREE!
<b>Tuesday</b>	9am – 10:15am	Hatha Yoga All Levels (Gena)
	10:45am - 12:15pm	Breathe, Restore & Strengthen Yoga (Great for Seniors) (April)*
	6pm – 7:30pm	Hatha Yoga Basics (Dawn)*
<b>Wednesday</b>	8:45am – 9:45am	Vinyasa Flow All Levels (Gena)
	10:30am -12:00pm	Stretch & Strengthen Gentle Yoga (Great for seniors!) (Sita)*
	5pm - 6pm	Chi Gong (David)*
	6:30pm – 7:45pm	Yin & Yang Yoga All Levels (Gena)*
<b>Thursday</b>	9am – 10:15am	Gentle Yoga Basics (Andrea)*
	10:45am – 12:15pm	Hatha Yoga All Levels (Harsha)*
	6pm—7pm	Vinyasa Flow All Levels (Sara)
	7:15pm-8:30pm	Yin Yoga All Levels (Sara)
<b>Friday</b>	8:45am –9:45am	Hatha Yoga All Levels (Andrea)
	10:30 – 12:00pm	Stretch & Strengthen Gentle Yoga (Great for seniors!) (Sita)*
	6pm-7:30pm	Fit Flow Yoga All Levels (April) Only \$5!
<b>Saturday</b>	8am – 9:30am	Hatha Yoga All Levels (Gena/April)*
	TBA	<i>Coming Soon!</i>
<b>Sunday</b>	9am-10:30am	Hatha Yoga All Levels (April)
	11am - 12:15pm	Chi Gong All Levels (David)*
	5pm-6:15pm	Deep Peace Yoga (Becky)*