

# January

# 2019

## Sangha Center for Yoga and Wellness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 B&B Yoga  <b>No PM Classes</b>	2  6pm Power Flow 7:30 Beginner Yoga	3 6am Sunrise 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	4 9:30 Yoga Lab 11 Vin and Yin	5 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner <i>2: Intro to Ayurveda*</i>
6 9am \$5 Community Yoga	7 9:30 B&B Yoga 6pm Flow Yoga	8 6am Sunrise 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	9  6pm Power Flow 7:30 Beginner Yoga	10 6am Sunrise 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	11 9:30 Yoga Lab 11 Vin and Yin	12 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner
13 9am \$5 Community Yoga	14 9:30 B&B Yoga 6pm Flow Yoga 7:30 Beginner Series <i>Week 1*</i>	15 6am Sunrise 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	16  6pm Power Flow 7:30 Beginner Yoga	17 6am Sunrise 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	18 9:30 Yoga Lab 11 Vin and Yin	19 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner <i>Yoga: On and Off*</i>
20 9am \$5 Community Yoga	21 9:30 B&B Yoga 6pm Flow Yoga 7:30 Beginner Series <i>Week 2*</i>	22 6am Sunrise 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	23  6pm Power Flow 7:30 Beginner Yoga	24 6am Sunrise 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	25 9:30 Yoga Lab 11 Vin and Yin  <i>6: Pranayama Wksp.*</i>	26 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner
27 9am \$5 Community Yoga	28 9:30 B&B Yoga 6pm Flow Yoga 7:30 Beginner Series <i>Week 3*</i>	29 6am Sunrise 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	30  6pm Power Flow 7:30 Beginner Yoga	31 6am Sunrise 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga		

\* Please preregister for this class