

# March

# 2019

## Sangha Center for Yoga and Wellness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30 Yoga Lab 11 Vin and Yin	2 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner
3 9am \$5 Community Yoga	4 9:30 B&B Yoga 6pm Flow Yoga 7:30 Ashtanga Series Week 3*	5 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	6 6am Sunrise 6pm Power Flow 7:30 Beginner Yoga	7 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	8 9:30 Yoga Lab 11 Vin and Yin	9 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner
10 9am \$5 Community Yoga <b>1pm Family Yoga*</b>	11 9:30 B&B Yoga 6pm Flow Yoga 7:30 Ashtanga Series Week 4*	12 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	13 6am Sunrise 6pm Power Flow 7:30 Beginner Yoga	14 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	15 9:30 Yoga Lab 11 Vin and Yin <b>6:30 Yoga for Cancer*</b>	16 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner <i>Yoga: On and Off*</i>
17 9am \$5 Community Yoga	18 9:30 B&B Yoga 6pm Flow Yoga	19 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	20 6am Sunrise 6pm Power Flow 7:30 Beginner Yoga	21 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	22 9:30 Yoga Lab 11 Vin and Yin	23 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner <b>1:30 Trauma Foundations Part 1*</b>
24 9am \$5 Community Yoga	25 9:30 B&B Yoga 6pm Flow Yoga	26 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	27 6am Sunrise 6pm Power Flow 7:30 Beginner Yoga	28 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	29 9:30 Yoga Lab 11 Vin and Yin <b>6:30 Restorative Yoga*</b>	30 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner <b>1:30 Trauma Foundations Part 2*</b>

- Please preregister for this class

### Save the Dates:

*Meditation Intro 5 Week Series – 4/4 at 4:30*

*Fascia, Anatomy, and Asana: Connecting the Dots in Your Practice - Experiential Practice – 4/6 at 1pm*

*Intro to Yoga 4 Week Series – 4/22 at 7:30*

*RYT200 Applications will be accepted until April 1.*