



# August 2018

Register ONLINE : [www.sanghacenteryoga.com](http://www.sanghacenteryoga.com)

**\*Please preregister for classes marked (\*)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6pm Power Flow 7:30 Beginner Yoga	2 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	3 <i>Sangha gathering*</i>	4 <b>Studio Closed</b> Hiking meet up 9:30am*
5 9am \$5 Community Yoga	6 9:30 B&B Yoga 6pm Flow Yoga <i>7:15 Outdoor Beginner Flow and Meditation</i>	7 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	8 6pm Power Flow 7:30 Beginner Yoga	9 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	10 <i>6pm Retreat info session*</i>	11 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner
12 9am \$5 Community Yoga  <i>10:30 and 2:30: Frameworks Workshops*</i>	13 9:30 B&B Yoga 6pm Flow Yoga <i>7:15 Outdoor Beginner Flow and Meditation</i>	14 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	15 6pm Power Flow 7:30 Beginner Yoga	16 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	17 <i>6:30pm Primary in the Park</i>	18 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner <i>*RYT200</i>
19 9am \$5 Community Yoga	20 9:30 B&B Yoga 6pm Flow Yoga	21 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	22 6pm Power Flow 7:30 Beginner Yoga	23 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	24	25 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner
26 9am \$5 Community Yoga  <i>6pm Outdoor Down Dog with your Dog</i>	27 9:30 B&B Yoga 6pm Flow Yoga	28 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	29 6pm Power Flow 7:30 Beginner Yoga	30 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	31	