

# April

# 2019

## Sangha Center for Yoga and Wellness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<sup>1</sup> 9:30 B&B Yoga 6pm Flow Yoga	<sup>2</sup> 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	<sup>3</sup> 6pm Power Flow 7:30 Beginner Yoga	<sup>4</sup> 9:30 B&B Yoga <b>4:30pm Meditation Series Wk1*</b> 6pm Vinyasa Flow 7:30 Yin Yoga	<sup>5</sup> 9:30 Yoga Lab 11 Vin and Yin  <b>6:30pm Book Club*</b>	<sup>6</sup> 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner <i>Underground Beaver Cake Walk 1-3</i>
<sup>7</sup> 9am \$5 Community Yoga <b>1pm Family Yoga*</b>	<sup>8</sup> 9:30 B&B Yoga 6pm Flow Yoga	<sup>9</sup> 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	<sup>10</sup> 6pm Power Flow 7:30 Beginner Yoga	<sup>11</sup> 9:30 B&B Yoga <b>4:30pm Meditation Series Wk2*</b> 6pm Vinyasa Flow 7:30 Yin Yoga	<sup>12</sup> 9:30 Yoga Lab 11 Vin and Yin	<sup>13</sup> 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner  <i>*RYT200</i>
<sup>14</sup> 9am \$5 Community Yoga  <i>*RYT200</i>	<sup>15</sup> 9:30 B&B Yoga 6pm Flow Yoga	<sup>16</sup> 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	<sup>17</sup> 6pm Power Flow 7:30 Beginner Yoga	<sup>18</sup> 9:30 B&B Yoga <b>4:30pm Meditation Series Wk3*</b> 6pm Vinyasa Flow 7:30 Yin Yoga	<sup>19</sup> 9:30 Yoga Lab 11 Vin and Yin  <b>6:30 9<sup>th</sup> Birthday Class and Party*</b>	<sup>20</sup> 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner
<sup>21</sup> 9am \$5 Community Yoga  <b>EASTER</b>	<sup>22</sup> 9:30 B&B Yoga 6pm Flow Yoga <b>7:30 Beginner Yoga Series Wk 1*</b>	<sup>23</sup> 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	<sup>24</sup> 6pm Power Flow 7:30 Beginner Yoga	<sup>25</sup> 9:30 B&B Yoga <b>4:30pm Meditation Series Wk4*</b> 6pm Vinyasa Flow 7:30 Yin Yoga	<sup>26</sup> 9:30 Yoga Lab 11 Vin and Yin <b>6:30 Restorative Yoga*</b>	<sup>27</sup> 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner <b>1:30 For and About Women Workshop*</b>
<sup>28</sup> 9am \$5 Community Yoga	<sup>29</sup> 9:30 B&B Yoga 6pm Flow Yoga <b>7:30 Beginner Yoga Series Wk 2*</b>	<sup>30</sup> 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	<sup>May 1</sup> 6pm Power Flow 7:30 Beginner Yoga	<sup>May 2</sup> 9:30 B&B Yoga <b>4:30pm Meditation Series Wk5*</b> 6pm Vinyasa Flow 7:30 Yin Yoga	<sup>May 3</sup> 9:30 Yoga Lab 11 Vin and Yin	<sup>May 4</sup> 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner

- Please preregister for this class

### Save the Dates:

*RYT200 Applications will be accepted until April 1.*

*Lighten Up – For the Season – May 3*

*Mother's Day Partner Class – May 10*