

# April

# 2019

## Sangha Center for Yoga and Wellness



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