

July

2010

Shama-Bhakti Yoga Centre

Calendar of Classes & Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July			01 Studio Closed	02 Studio Closed	03 Studio Closed	04 Studio Closed
05 6:45pm ShamaLama 8:30pm Pranayoga/Athl	06 9am Pranayoga/Athletes 6:45pm Shakti Flow 8:15pm SBY Open	07 6:45pm Full Series 8:30pmPranayoga/Athl	08 12pm SBY Open 7:45pm SBY Open	09 10:30am SBY Open 12pm Full Series/Self Practice	10 10am Yoga Technique 11am Yoga U – Standing Postures of Ashtanga 2pm Philosophy – Deep Immersion Program/TT	11 11:30am SBY Open 7pm Meditation
12 6:45pm ShamaLama 8:30pm Pranayoga/Athl	13 9am Pranayoga/Athletes 6:45pm Shakti Flow 8:15pm SBY Open	14 6:45pm Full Series 8:30pmPranayoga/Athl	15 12pm SBY Open 7:45pm SBY Open	16 10:30am SBY Open	17 Studio Closed	18 11:30am SBY Open
19 6:45pm ShamaLama 8:30pm Pranayoga/Athl	20 6:30am SBY Open 9am Pranayoga/Athletes 6:45pm Shakti Flow 8:15pm SBY Open	21 6:45pm Full Series 8:30pmPranayoga/Athl	22 6:30am SBY Open 12pm SBY Open 7:45pm SBY Open	23 10:30am SBY Open 12pm Full Series/Self Practice (postponed for summer)	24 Studio Closed	25 11:30am SBY Open
26 6:45pm ShamaLama 8:30pm Pranayoga/Athl	27 6:30am SBY Open 9am Pranayoga/Athletes 6:45pm Shakti Flow 8:15pm SBY Open	28 6:45pm Full Series 8:30pmPranayoga/Athl	29 6:30am SBY Open 12pm SBY Open 7:45pm SBY Open	30 10:30am SBY Open	31 Studio Closed	

Register up to a week before sessions begin and no later than 48 hrs before. Class availability may change depending on registration numbers. All classes in **BLUE NOT running yet or periodically running** - you must **call** and **register** 48hrs or more before attending class. All classes in **GREEN** are **running**. **Specialty Classes and Workshops** in **RED** need you to register.