

SPRING 2009

MONDAY

9:00 - 10:30 AM	Hatha Flow 1-3	Sean Feit
10:30 - 12:00 PM	Hatha 2	Sumanasa (Suzy) Daren
3:00 - 4:30 PM	Postnatal Hatha	Uma (Amy) Kahn
5:00 - 6:30 PM	Prenatal Yoga	Uma (Amy) Kahn
5:30 - 7:00 PM	Vinyasa 1-3	Lily Dwyer
7:00 - 8:30 PM	Hatha Flow 1-3	Uma (Amy) Kahn

TUESDAY

7:00 - 8:30 AM	Hatha 1-3	David (Abhimanyu) Moreno
9:00 - 10:30 AM	Hatha 1-2	Omkarnath Lewis
10:30 - 12:00 PM	Hatha 2-3	Hrimati (Susan) Fauman
12:00 - 1:30 PM	Gentle Yoga	Ekabhumi (Charles) Ellik
4:15 - 5:15 PM	Kid's Yoga	Ekabhumi (Charles) Ellik
4:30 - 6:00 PM	Hatha 1-3	Hrimati (Susan) Fauman
5:30 - 7:00 PM	Hatha Beginner - I	Sumanasa (Suzy) Daren
6:00 - 7:30 PM	Vinyasa 2-3	David (Abhimanyu) Moreno

WEDNESDAY

9:00 - 10:30 AM	Babysitting Service	Bhadrakali Rout
9:00 - 10:30 AM	Hatha 1-3	Kamesvari (Alisa) Thorp
10:30 - 12:00 PM	Hatha Flow 1-3	Niema Lightseed
4:15 - 5:15 PM	Kid's Yoga	Ekabhumi (Charles) Ellik
4:15 - 5:15 PM	Yoga Nidra	Kamesvari (Alisa) Thorp
5:30 - 7:00 PM	Vinyasa 2-3	Skanda (Thomas) Murphy
7:00 - 8:30 PM	Hatha Flow 1-3	Uma (Amy) Kahn

THURSDAY

7:00 - 8:30 AM	Hatha 1-3	David (Abhimanyu) Moreno
9:00 - 10:30 AM	Hatha 1-2	Omkarnath Lewis
10:30 - 12:00 PM	Hatha 2-3	Hrimati (Susan) Fauman
12:00 - 1:30 PM	Gentle Yoga	Ekabhumi (Charles) Ellik
1:00 - 4:00 PM	Newari Painting	Dinesh Charan Shrestra
4:15 - 5:15 PM	Kid's Yoga	Ekabhumi (Charles) Ellik
4:30 - 6:00 PM	Hatha 1-3	Hrimati (Susan) Fauman
5:30 - 7:00 PM	Hatha Beginner - I	Sumanasa (Suzy) Daren
6:00 - 7:30 PM	Vinyasa 2-3	David (Abhimanyu) Moreno

FRIDAY

9:00 - 10:30 AM	Hatha Flow 1-3	Sean Feit
10:30 - 12:00 PM	Hatha 2	Sumanasa (Suzy) Daren
5:30 - 7:00 PM	Vinyasa 1-3	Lily Dwyer

SATURDAY

9:00 - 10:30 AM	Vinyasa 2-3	David (Abhimanyu) Moreno
10:30 - 12:00 PM	Hatha 1-3	David (Abhimanyu) Moreno
12:15 - 2:00 PM	Prenatal Yoga	Jessica Ezra Patri
4:30 - 6:00 PM	Hatha Flow 1-3	Jessica Ezra Patri

SUNDAY

9:00 - 10:30 AM	Hatha 1-3	Skanda (Thomas) Murphy
10:30 - 12:00 PM	Vinyasa 2-3	Skanda (Thomas) Murphy
4:30 - 6:00 PM	Hatha 1-3	Sri Lalita Crute