

SUMMER '08 SCHEDULE: (May 19 - August 31, 2008)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-----------------------------------|------------------------------------|-----------------------------------|---|--|---|
| 9:00-10:15 All Levels Sophie | 7:45-8:45 All Levels Sophie | 7:45 - 8:45 Int/Adv. Sophie | 7:45-8:45 All Levels Jake | 7:45-8:45 All Levels Tara | 7:45-8:45 All Levels Sophie | 7:15-7:45 Morning Meditation Meredith |
| 10:30-12:00 Ashtanga Int. Caroline | 9:15-10:30 Beginner Sophie | 9:15-10:30 Intermediate Sara | 9:15-10:30 Beg/Int. Tara | 9:15-10:30 Intermediate Sophie | 9:15-10:30 Intermediate Meredith | 8:00-9:15 All Levels Meredith |
| | | | | | | 9:30-11:00 Int/Adv. Sophie |
| 4:30-5:45 Community Class \$5 | | 5:30-6:30 Beginner Tara \$10 | | | | 2:00-5:00 Samadhi Sadhana** Kati |
| | 6:00-7:30 Kundalini Lynn | 6:45 - 8:00 Beg/Int. Lynn | 6:00-7:30 Intermediate Sara | 7:00- 8:30 Ashtanga Beg/Int. Caroline | | |

⚙️ There will be no Community Class on holiday weekends * First Saturday of each month \$30

SATURDAY SADHANA: The first Saturday of each month
Deepen all aspects of your practice with Kati (\$30)

STUDIO CLOSED: Monday, August 25 - Sunday, August 31