

JANUARY.16.12 - FEBRUARY.26.12 (6-Week Session)

SHAMATHA ~ (203) 968-YOGA (9642) ~ SHAMATHA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
January 16 7:15am** (INTER/ADV) 9:30am (1A) 11:30am (1B) 7:00pm (1A)	17 7:00pm (1B)	18 9:30am (1A) 11:30am (1B) 7:00pm (1A)	19 7:00pm (1B)	20 7:15am** (INT/ADV) 9:30am (1A) 11:30am (1B) 5:45pm (MULTI)	21 Open for Workshops ***** TBA	22 9:00am (VINYASA)
23 7:15am** (INTER/ADV) 9:30am (1A) 11:30am (1B) 7:00pm (1A)	24 7:00pm (1B)	25 9:30am (1A) 11:30am (1B) 7:00pm (1A)	26 7:00pm (1B)	27 7:15am** (INT/ADV) 9:30am (1A) 11:30am (1B) 5:45pm (MULTI)	28 Open for Workshops ***** TBA	29 9:00am (VINYASA)
30 7:15am** (INTER/ADV) 9:30am (1A) 11:30am (1B) 7:00pm (1A)	31 7:00pm (1B)	February 1 9:30am (1A) 11:30am (1B) 7:00pm (1A)	2 7:00pm (1B)	3 7:15am** (INT/ADV) 9:30am (1A) 11:30am (1B) 5:45pm (MULTI)	4 Open for Workshops ***** TBA	5 9:00am (VINYASA)
6 7:15am** (INTER/ADV) 9:30am (1A) 11:30am (1B) 7:00pm (1A)	7 7:00pm (1B)	8 9:30am (1A) 11:30am (1B) 7:00pm (1A)	9 7:00pm (1B)	10 7:15am** (INT/ADV) 9:30am (1A) 11:30am (1B) 5:45pm (MULTI)	11 VALENTINE'S DAY PARTNER YOGA 9AM - 12PM (paid workshop)	12 9:00am (VINYASA)
13 7:15am** (INTER/ADV) 9:30am (1A) 11:30am (1B) 7:00pm (1A)	14 7:00pm (1B)	15 9:30am (1A) 11:30am (1B) 7:00pm (1A)	16 7:00pm (1B)	17 7:15am** (INT/ADV) 9:30am (1A) 11:30am (1B) 5:45pm (MULTI)	18 Open for Workshops ***** TBA	19 9:00am (VINYASA)
20 7:15am** (INTER/ADV) 9:30am (1A) 11:30am (1B) 7:00pm (1A)	21 7:00pm (1B)	22 9:30am (1A) 11:30am (1B) 7:00pm (1A)	23 7:00pm (1B)	24 7:15am** (INT/ADV) 9:30am (1A) 11:30am (1B) 5:45pm (MULTI)	25 Open for Workshops ***** TBA	26 9:00am (VINYASA) INTER/ADV

(**) = Must Pre-Register - 1A = Beginner 1st Level and 1B = Beginner 2nd Level - Multi, Vinyasa = Open to All Levels