

☯ Monday

Hatha Yoga

Indian Traditional Yoga

9am -10:15 (Manuela)

6:30 pm - 8 pm (Prasad)

☯ Tuesday

Indian Traditional Yoga

Monk Chat intro to Buddhism (Free)

Indian Traditional Yoga

9 am - 10:30 (Prasad)

5:30 pm - 6:30 pm (venerable Chert)

6:30 pm - 8 pm (Prasad)



☯ Wednesday

Indian Traditional Yoga

Monk Chat intro to Buddhism (Free)

Indian Traditional Yoga

9 am - 10:30 am (Prasad)

5:30 pm - 6:30 pm (venerable Chert)

6:30 pm - 8 pm (Prasad)

☯ Thursday

Indian Traditional Yoga

Hatha Yoga

Indian Traditional Yoga

9 am - 10:30 am (Prasad)

3.30pm - 4:15pm (Kalbir)

6:30 pm - 8 pm (Prasad)

☯ Friday

Indian Traditional Yoga

Yin Yoga

Indian Traditional Yoga

9 am - 10:30 am (Prasad)

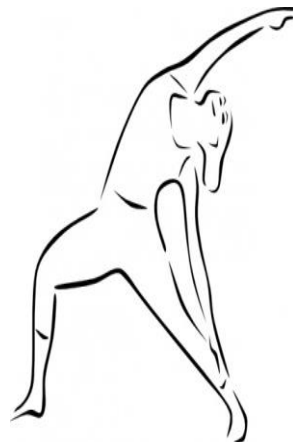
4pm -5:15pm (Manuela)

6:30pm -7:45 pm (Prasad)

☯ Saturday

Indian Traditional Yoga

Indian Traditional Yoga



9 am - 10:30 am (Prasad)

6:30 pm - 7:45 pm (Prasad)

☯ Sunday

Restorative Yoga

Indian Traditional Yoga

Hatha Yoga

9 am - 10:15 am (Kalbir)

11 am - 12:30 pm (Prasad)

4pm -5:15pm (Kalbir)

Vegetarian Cooking Class everyday at 1pm - 2pm

Khmer Lesson (free) Saturday & Sunday at 3pm - 4pm (teacher Teav)