

## ☯ Monday

Hatha Yoga  
Indian Traditional Yoga

9am - 10:15am (Dorka)  
6:30 pm - 7:45 pm (Prasad)

## ☯ Tuesday

Indian Traditional Yoga  
Monk Chat intro to Buddhism (Free)  
Indian Traditional Yoga

9 am - 10:15 (Prasad)  
5:30 pm - 6:30 pm (venerable Chert)  
6:30 pm - 7:45 pm (Prasad)



## ☯ Wednesday

Indian Traditional Yoga  
Monk Chat intro to Buddhism (Free)  
Indian Traditional Yoga

9 am - 10:15 am (Prasad)  
5:30 pm - 6:30 pm (venerable Chert)  
6:30 pm - 7:45 pm (Prasad)

## ☯ Thursday

Active Meditation  
Hatha Yoga  
Indian Traditional Yoga

9 am - 10:00 am (Prasad)  
4pm - 5:15pm (Dorka)  
6:30 pm - 7:45 pm (Prasad)

## ☯ Friday

Indian Traditional Yoga  
Flow Vinyasa Yoga

9 am - 10:15 am (Prasad)  
6:30pm - 7:45 pm (Dorka)

## ☯ Saturday

Indian Traditional Yoga  
Flow Vinyasa Yoga



9 am - 10:15 am (Prasad)  
6:30 pm - 7:45 pm (Dorka)

## ☯ Sunday

Hatha Yoga  
Indian Traditional Yoga  
Flow Vinyasa Yoga

9am - 10:15am (Dorka)  
11 am - 12:15 pm (Prasad)  
4pm - 5:15pm (Dorka)

**Vegetarian Cooking Class everyday at 1pm – 2pm**

**Khmer Lesson (free) Saturday & Sunday at 3pm – 4pm (teacher Sophea)**