



## Yoga at the Ashram Daily Classes January 3rd—April 2012

Monday			
Vinyasa Flow	9:30—10:45 AM	Victoria	Main Studio
Kundalini Yoga	6:00—7:15 PM	Jap Prem Singh	Main Studio
Gentle Yoga	6:00—7:15 PM	Rai Kaur (Alaine)	Studio G
Kundalini Yoga	7:30—8:45 PM	Jai Kaur	Studio G
Resistance Stretching	7:30—8:30 PM	Janet	Main Studio
Tuesday			
Kundalini Yoga	9:00—10:15 AM	Jai Kaur	Studio G
Vinyasa Flow	9:00—10:00 AM	Betsy	Main Studio
Kundalini Yoga	6:00—7:15 PM	Jot Kaur	Studio G
Kundalini Yoga	7:30—8:45 PM	Anand Kaur	Studio G
Wednesday			
Hatha Yoga	9:30—10:45 AM	Victoria	Main Studio
Kundalini Yoga for Healing	9:30—11:00 AM	Siri Tapa	Studio G
Hatha Yoga	4:30—5:30 PM	Victoria	Main Studio
Iyengar (Hatha) Yoga	6:00—7:15 PM	Roz	Studio G
Tai Chi	6:00—7:15 PM	Ed	Main Studio
Meditation & Kriyas	7:30—8:45 PM	Guru Jiwan Singh	Studio G
Gentle Yoga	7:30—8:45 PM	Jo Ann	Main Studio
Thursday			
QiGong	9:30—10:30 AM	Jeanne Donnelly	Main Studio
Kundalini Yoga	9:00—10:15 AM	Harbhajan Kaur	Studio G
Free! Community Hatha Yoga	5:30—6:30 PM	Victoria	Main Studio
Kundalini Yoga with Gong	6:00—7:15 PM	Siri Sevak Kaur	Studio G
Kundalini Yoga	7:00—8:30 PM	Jot Singh	Main Studio
Liberation from Suffering	7:30—9:00 PM	Dr Sham Rang Singh	Studio G
Friday			
Hatha Flow Yoga	9:30—10:30 AM	Rachel M	Main Studio
Saturday			
Kundalini Yoga	9:15—10:45 AM	EkOngKar Singh	Studio G
Sunday			
Community Kundalini Yoga (\$5)	6:30—7:45 PM	Kevin	Main Studio

**Sadhana is held each day at the Ashram. Monday—Friday 4:00 AM, weekends at 5:00 AM.**

**For a detailed description of classes please go to [www.YogaAtTheAshram.org](http://www.YogaAtTheAshram.org)**