



## SATYA YOGA FALL/WINTER SCHEDULE

Starting September 3<sup>rd</sup> to December 31<sup>st</sup> 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 to 8:15		POWER VINYASA FLOW with Tami					
8:30 to 9:45						POWER VINYASA FLOW with Jugjeet	POWER VINYASA FLOW with Jugjeet
9:30 to 10:45	POWER VINYASA FLOW with Tami	HATHA with Mariko	POWER VINYASA FLOW with Mariko	HATHA with Tami	POWER VINYASA FLOW with Dal		
10:00 to 11:15						GENTLE HATHA with Jugjeet	HATHA with Jugjeet
11:30 to 12:30						KARMA YOGA Yoga for the community	
11:00 to 12:15	BEGINNERS YOGA WITH Jugjeet (workshop)		GENTLE HATHA with Kate	YIN with Mariko			
5:45 to 7:00	KUNDALINI FOR BEGINNERS with Jugjeet	HATHA with Jugjeet	POWER VINYASA FLOW with Anne	FLOW & RESTORE WITH Jugjeet			
7:15 to 8:30	GENTLE HATHA with Jugjeet	CANDLELIGHT YIN with Jugjeet	YOGA FOR RUNNERS with Jugjeet				

Classes are subject to changes. Please check on- line for updates: [www.simplysatya.com](http://www.simplysatya.com).

### CLOSED:

October 14<sup>th</sup> Thanksgiving  
 November 11<sup>th</sup> Remembrance Day  
 December 24<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup>, and 31<sup>st</sup>  
 January 1, 2020 – NEW YEAR DAY