

INTEGRAL YOGA® January-April HATHA SCHEDULE

updated 1/2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15am	Hatha I** <i>Lakshmi</i>		Hatha I** <i>Sivakari</i>	.			
9:15am	Hatha I <i>Maji</i>	Hatha I/II <i>Tasja</i>	Hatha I <i>Srikari</i>	Hatha I <i>SwChidananda</i>	Hatha I <i>Dharma</i>	Hatha II <i>Atman</i>	
10:00am				Gentle Hatha <i>Achala/Jaya</i>			
10:15am	Hatha II <i>Marilyn</i>	Hatha I <i>Karuna Jo</i>	Hatha II <i>Inga</i>	Hatha II <i>Beth H</i>	Hatha I <i>Nancy D</i>	Hatha I <i>Kamalika</i>	Hatha II <i>Tom B</i>
10:30am	Prenatal Hatha <i>Jyothi L.</i>						
11:15pm	Hatha I <i>Bhakti</i>	Hatha II/III <i>SwRamananda</i>	Hatha I/II <i>Nobuko</i>	Hatha I <i>Meenakshi</i>	Hatha II <i>Netri</i>	Hatha II <i>Karuna B</i>	Hatha I <i>Karuna S / Jai</i>
12:15pm	Lunch Hatha* <i>Molly G /Ishani</i>	Lunch Hatha* <i>Patricia T</i>	Lunch Hatha* <i>Sudhi</i>	Lunch Hatha* <i>Devirose/Kelly-Aramati</i>	Lunch Hatha* <i>Madeline/Danielle</i>	Hatha I <i>Ishti</i>	Hatha II <i>Dianne</i>
12:30pm	PP Hatha ▲ <i>Jyothi L</i>						
1:15pm	Hatha I <i>Nancy O</i>	Hatha I/II <i>Chandra</i>	Deep Relaxation♥ <i>Daya/Marilyn</i>	Hatha I/II <i>Vidya</i>	Hatha I <i>Chandrika</i>	Hatha III*** <i>Nishta</i> H.I.V. Hatha <i>Prema</i>	Free Intro Class*** <i>Livvie / Elena</i>
2:15pm	Hatha I <i>Vasudeva</i>	Hatha I <i>Sevika</i>	Hatha I <i>Barry</i>	Hatha I <i>Betty</i>	Hatha I <i>Krupa</i>	Hatha I <i>Ganesha</i> Gentle Hatha <i>Dianne / Linda</i>	Hatha I <i>Padma</i>
2:30pm			Yoga Networking◇ <i>Nalini (2:30pm)</i>				
3:15pm	Gentle Hatha <i>Priya Sandy Clark</i>	Hatha I <i>Ganga</i>	Hatha I sub	Hatha I/II <i>Hamsa</i>	Hatha I <i>Tejas</i>	Hatha I <i>Balarama</i>	Hatha I/II <i>Gordon</i>
4:00pm			Workshop Class <i>Nalani</i>				



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4:15pm	Hatha I <i>Hilary</i>	Workshop Class <i>Madhavan</i> H.I.V Hatha <i>Kevin</i>	Hatha I <i>Tim</i>	Hatha II <i>Devika</i>	Hatha II/III <i>Molly H / Nadiya</i>	Hatha II <i>Adele / Kawai</i>	Hatha I <i>Jayadevi</i>
5:00pm					Free Deep Relaxation <i>Craig</i>		
5:15pm	Hatha II <i>Leslie D</i>	Hatha I <i>Uni</i>	Hatha III*** <i>Beth H</i>	Hatha I <i>Shakuntala</i>	Hatha III*** <i>Dianne G /Samata</i>	Hatha I <i>Anita</i>	Restorative Hatha <i>Gentle</i> <i>Collective</i>
5:30pm		Deep Relaxation♥ <i>sub</i>	Evening H* <i>Martha</i>	Deep Relaxation♥ <i>Achala/Sevikat</i>	Hatha I <i>Tarika/Vimukti</i>		
6:00pm	Hatha I <i>Janaka</i>	Hatha I/II <i>Santoshi</i>	Hatha I/II <i>Richard</i>		Hatha I/II <i>Craig</i> Gentle Hatha <i>Tripti</i>		
6:15pm	Hatha II/III <i>Charles</i>	Hatha II/III <i>Anamaya</i>	Hatha II/III <i>Kumari</i>	Hatha I/II <i>Jaymie</i>	Hatha II <i>Lee</i>	Hatha I ☺ Community Class <i>Peter/Mary</i>	Hatha I <i>Nischala /</i> <i>Ekadris</i>
6:30pm	Hatha II*** <i>Eileen</i>	Hatha I <i>Michael /</i> <i>Vanessa</i>	Hatha I <i>Karunavati</i>	Restorative Hatha <i>Gentle collective</i>			
6:45pm		Prenatal Hatha <i>Shakti</i>	Prenatal Hatha <i>Claire / Inga</i>	Yoga for Vets❖ <i>Anuradha</i>			
7:15pm	Hatha I <i>Ken K</i>	Hatha I/II <i>Andre</i>	Hatha I <i>Gopala</i>	Hatha II <i>Sambasiva</i>	Hatha I <i>sub</i>		

Most classes are 1 hour and 30 minutes * 45-minute class/\$13 (not for new beginners) ** 1-hour class/\$15

*** 1-hour 45-minute class) ▲ Birth to 8 months/\$17 (please preregister) 1-hour and 15-minute class ♥ 45-minute class/\$10

❖ Free with Proof of Service ◇ Free 1-hour class ☺ Community Class/\$5



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