



MANDALA YOGA

Updated 9/1/18

Fall-Winter Class Schedule September 1, 2018 - February 28, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:00-8:15 Kundalini Isabel Falcon	7:00-8:15 Sat Nam Flow Veronika Vogler	7:00-8:15 Kundalini Isabel Falcon	7:00-8:15 Sat Nam Flow Veronika Vogler		8:30-9:30 Gentle Hatha Flow Michelle Barton
10:00-11:30 Kundalini Vani Kimbrell	10:00-11:30 Kundalini Wah Khalsa	10:00-11:30 Kundalini Wah Khalsa	10:00-11:30 Kundalini for Women Signa Cheney	10:00-11:30 Kundalini Marla Becker	10:00-11:30 Kundalini Signa Cheney	10:00-11:30 Kundalini Marla Becker
12:00-1:30 Therapeutic Michelle Barton	12:30-1:30 Sat Nam Flow Pamela Sery	12:00-1:30 Therapeutic Michelle Barton	12:30-1:30 Sat Nam Flow Pamela Sery	12:00-1:30 Therapeutic Michelle Barton	1:00-2:30 Kundalini Sat Narayan Singh	1:00-2:30 Kundalini Mia McManuis
				4:30-6:00 Kundalini Wah Khalsa	4:30-6:00 Sat Nam Flow Veronika Vogler	4:30-5:45 Gong Meditation Vani Kimbrell
5:30-6:45 Kundalini for Women Wah Khalsa	5:30-7:00 Kundalini Signa Cheney	5:30-6:45 Kundalini Dr. Hari Dass Khalsa & Ad Purkh Khalsa	5:30-7:00 Kundalini Erik Blender			
7:30-9:00 Kundalini Guru Surya Kaur	7:45-9:00 Gentle Hatha Flow Dianne Barrett	7:30-9:00 Kundalini Ajeet Kaur	7:45-9:00 Gentle Hatha Flow Greg Allen	Special Classes & Events	Special Classes & Events	7:00-8:15 Yin & Gong Pamela Sery