



Class Schedule Through April 2019

Updated 3/20/19

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|---|--|--|
| 10:00-11:30 Kundalini Vani Kimbrell | 10:00-11:30 Kundalini Wah Khalsa | 10:00-11:30 Kundalini Erik Blender | 10:00-11:30 Kundalini for Women Signa Cheney | 10:00-11:30 Kundalini Maya Luna | 10:00-11:30 Kundalini Signa Cheney | 10:00-11:30 Kundalini Marla Becker |
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| 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 Sat Nam Flow Greg Allen | 1:00-2:30 Kundalini Mia McManuis |
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| | | | | 4:30-6:00 Kundalini Wah Khalsa | 4:30-6:00 Kundalini 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 Laurel Clohessy | 7:45-9:00 Gentle Flow Dianne Barrett | 7:30-9:00 Kundalini Ajeet Kaur | 7:45-9:00 Gentle Sat Nam Greg Allen | <i>Special Classes & Events</i> | <i>Special Classes & Events</i> | 7:00-8:15 Yin & Gong Pamela Sery |

Registering in advance is appreciated and drop-ins are welcome.

*Please visit our **Online Schedule** to pre-register and to confirm classes and teachers.*