



## SALA SCHEDULE

Select from Yoga, Tai Chi, Dance, Feldenkrais® and our many workshops.

MOVEMENT CLASS: \$15 | LUNCH CLASS: \$10 | STUDENT RATE: \$9 | 5 CLASSES: \$65 | 10

CLASSES: \$120 | 15 CLASSES \$165 | 20 CLASSES: \$200 | MONTHLY UNLIMITED: \$110 |

RAKSA ANNUAL MEMBERSHIP: \$1,300 (Annual Membership includes unlimited weekly movement classes, 15% off all Wellness Services, 10% of all Cafe and Retail)

### TUESDAY

7:00a - 8:20a	Yoga: Vital Energy Flow	Kiyomi
9:00a - 10:20a	Yoga: Akasha	Ling
12:00p - 1:00p	Change Your Age™	Lucien
1:30p - 2:30p	Strength & Agility Training with Tai Chi*	Edward
6:30p - 7:50p	Yoga: Mind/Body Balance Flow	Virginia

### WEDNESDAY

7:00a - 8:30a	The Art of Slowing Down for Runners Group Run starts at 8am	Edward
9:00a - 10:20a	Iyengar Yoga: Integrating Body, Mind & Spirit	Jeff
6:00p - 7:20p	Yoga: Relax, Renew and Restorative	Virginia
7:45p - 9:45p	Flow Lab (Last Wednesday of the month only)	Cedar & Lucien

### THURSDAY

7:00a - 8:20a	Yoga: Vital Energy Flow	Kiyomi
9:00a - 10:20a	Yoga: Core Vinyasa Flow	Ling
1:30p - 2:30p	Strength & Agility Training with Tai Chi	Edward
6:00p - 7:20p	Yoga: Mind/Body Balance Flow	Virginia
7:30p - 9:00p	Authentic Movement	David

### FRIDAY

7:00a - 8:20p	Yoga: Morning Flow	Susy
9:00a - 10:20a	Iyengar Yoga: Integrating Body, Mind, & Spirit	Jeff
5:00p - 6:20p	Yoga: Restore, Relax & Rejuvenate	Susy
6:30p - 8:00p	The Eight Limbs of Yoga	Michael

### SATURDAY

7:30a - 8:50a	Yoga: Rise & Shine Morning Sadhana	Ling
9:00a - 10:00a	Intro to Meditation	Fernando
10:30a - 11:30a	Movement Nature Meant	Lucien
5:15p - 6:35p	The Eight Limbs of Yoga	Michael

### SUNDAY

8:30a - 9:50a	Qi Gong: Returning to Our Center	Tommy
10:00a - 11:20a	Yoga: Yogi's Journey	Sharon
4:30p - 5:50p	Yoga: Vital Energy Flow	Kiyomi

Schedule effective January 3, 2011

\*First time students are welcome the last week of the month, or after contacting the teacher.

Please check our website for any updated changes on our schedule.



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