

MONDAY			
Vinyasa Flow & Meditation	9:30 - 10:45 AM	Victoria	Main Studio
Kundalini Yoga with live music	6:00 - 7:15 PM	Har Dev Singh	Main Studio
Gentle Yoga	6:00 - 7:15 PM	Rai Kaur (Alaine)	Studio G
Kundalini Yoga	7:30 - 8:45 PM	Jai Kaur	Studio G
♦Resistance Stretching	7:30 - 8:30 PM	Janet	Main Studio
TUESDAY			
Kundalini Yoga	9:00 - 10:15 AM	Jai Kaur	Studio G
Vinyasa Flow	9:00 - 10:00 AM	Betsy	Main Studio
Kundalini Yoga	6:00 - 7:15 PM	Jot Kaur	Studio G
Kundalini Yoga	7:30 - 8:45 PM	Anand Kaur	Studio G
WEDNESDAY			
Hatha Yoga	9:30 - 10:30 AM	Victoria	Main Studio
Kundalini Yoga for Healing	9:30 - 11:00 AM	Siri Chand Kaur	Studio G
Hatha Yoga	4:30 - 5:30 PM	Victoria	Main Studio
Iyengar (Hatha) Yoga	6:00 - 7:15 PM	Roz	Studio G
Tai Chi	6:00 - 7:15 PM	Ed	Main Studio
Meditation & Kriyas	7:30 - 8:45 PM	Guru Jiwan Singh	Studio G
♦Gentle Yoga with Guided Meditation	7:30 - 8:30 PM	Emily	Main Studio
THURSDAY			
♦QiGong	9:30 - 10:30 AM	Jeanne Donnelly	Main Studio
Kundalini Yoga	9:00 - 10:15 AM	Harbhajan Kaur	Studio G
♦Free! Community Hatha Yoga	5:30 - 6:30 PM	Victoria	Main Studio
Kundalini Yoga with Gong	6:00 - 7:15 PM	Siri Sevak Kaur	Studio G
Liberation from Suffering	7:00 - 8:30 PM	Dr. Sham Rang Singh	Main Studio
Kundalini Yoga	7:30 - 9:00 PM	Jot Singh	Main Studio
FRIDAY			
Kundalini Yoga	7:30 - 8:45 AM	Amanbir Kaur (Rachel)	Studio G
Hatha Flow Yoga	9:30 - 10:30 AM	Rachel M	Main Studio
SATURDAY			
Kundalini Yoga	9:15 - 10:45 AM	EkOngKar Singh	Studio G
SUNDAY			
Community Kundalini Yoga \$5 donation	6:30 - 7:45 PM	Kevin	Main Studio

CLASS DESCRIPTIONS

Kundalini Yoga includes all elements of the ancient teachings of yoga: Asana (postures), Pranayama (breathing techniques), Mantra (sound), Mudra (hand positions), and Meditation. These aspects are combined into series of exercises called Kriyas. Some Kriyas are dynamic and energetic, others are slow and meditative. Kundalini Yoga develops flexibility, tones muscles and strengthens the nervous, glandular, and immune systems. It increases mental energy and gives you a deep inner calm, strength, and grace. This ancient system draws upon a vast body of teachings brought to the U.S. by Yogi Bhajan. All levels

Hatha Yoga is a form of yoga that uses posture and breathing methods as a means to health and well-being. Postures include seated, standing, reclined and inverted. Students are encouraged to progress at their own level. Suitable for everyone.

Meditation & Kriya: Self healing through creative meditation. Meditation is activity which links you with infinity.

Iyengar Yoga is simply meditation in action. Mr. Iyengar at the age of 91 continues his practice of asana and pranayama. He pioneered the use of props: blocks, straps, blankets etc. Props enable us to do a pose with right actions and gain the benefit of the an asana or pose despite a dis-ease or physical constriction. All levels.

Tai Chi is a moving meditation where we experience the flow of energy within and around us. Chi flow in the body follows the path of the nervous system, vascular system and meridian lines. As we cultivate this supreme, ultimate energy we become perceptively in tune with our body and mind.

Vinyasa is a flowing sequence of poses (asanas) which link breath and movement. Learn to utilize the breath as a harness to join the body, mind and spirit. Class introduces the classic series of postures known as the Sun Salutation. The room is heated 75 - 80 degrees.

Morning Sadhana is held everyday at the Ashram. It is free of cost and open to all. Monday - Friday Sadhana begins at 4:00 AM. On the weekends Sadhana begins at 5:00 AM. On Sunday there is live music.

Meditation for All will help you learn to meditate and achieve a sense of inner peace. Meditations in this class are from the Kundalini tradition as taught by Yogi Bhajan.

Resistance Stretching incorporates sixteen different types of stretches. Each stretch is uniquely defined by bone rotational inter-relationships and specific muscle groups. Each type of stretch provides the best leverage to stretch individual or synergistic groups of muscles. This system embodies a balanced approach to physical and mental fitness.

Qigong is an ancient healing exercise used to increase energy flow combining physical movements with breathing, massage and meditation. Practicing Qigong helps one to gain balance, focus, strength, flexibility; build the immune system and reduce stress.

Gentle Yoga: Unwind and release your day with a gentle class that will follow the energy of modified postures that are cooling, calming and nourishing. An ideal practice for the close of your day.