



Daily Yoga Class Schedule
September 1 Through December 31, 2018

Affordable Yoga & Meditation for All: Over for Details

- All Classes incorporate all levels of experience. Simply let the teacher know of any concerns
- You may also drop in 3:40 am-6:00 am Free daily early am practice: "sadhana" see website for details – Sundays begin at 4:40 am

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-11am Kundalini Yoga Bliss Out! (Sukh Nidhan Kaur)	9:30am-11am Kundalini Yoga Invigorate! (HarSangat Kaur)	9:30-11am Community Kundalini Class (\$5) (Param Nirmal Kaur)	9:30-11am Restorative Kundalini Yoga (Rotating Teachers)	9:30-11 am Community Kundalini Yoga (\$5) (Baldev Singh)	9:30am-11 am Kundalini Kriyas & Meditation (Guru Jiwan Singh)	
					Check the website for fabulous weekend workshops & trainings!	1:15-2pm Donation Based Family Fun Day Sundays Yoga games for Families & Kids of all ages/ abilities
5:45-7:15pm Kundalini Yoga & Meditation Relax & Renew (Jai Seva Kaur)	5:45-7:15pm Kundalini Yoga Gentle & Heart Centered (Sat Siri Kaur)	5:45-7:15pm Kundalini Yoga (Sahib Jeet Singh)	6-7:15pm Kundalini Yoga with Gong (Siri Sevak Kaur) 7:30-9pm Kundalini Yoga & Meditation (Jan Sev Singh)			
7:30-9pm Kundalini Kriyas & 62 min. Meditations (Dr.ShamRang)	7:30-9pm Kundalini Yoga for deep healing & blessing (Sat Kartar Kaur)	7:30-9pm Joyful Hatha Yoga (JoAnn) 7:30-8:45pm Kundalini Kriyas & Meditation (Guru Jiwan Singh)			7-9 pm Full Moon Gong Once/Month \$20 drop in Sept 22, Oct 27, Nov 24, Dec 22 Dharam Singh, Guruatma Kaur, Siri Tapa Kaur	6 - 7:30 pm Kundalini with Gong (Gian Joti Kaur) Alternates w New Moon Gong with Guruatma Kaur 7:00 pm to 8:30 pm \$15 Sept 9, Oct 7, Nov 4, Dec 9





YOGA AT THE ASHRAM

The Baba Siri Chand Yoga and Retreat Center

Affordable Yoga & Meditation for All Class Info:

All Levels Welcome & All Classes \$10 (unless listed as a \$5 Community Class)
Full & New Moon Gong: see separate pricing below.

New Students: Your First Class is Free! then 30 days for \$30

Then, continue easily:

- drop in **\$10** (unless \$5 Community Class or \$15-20 gong event)
- or** - purchase: Ten Class passes \$95 prepaid,
- or** - Unlimited Classes for Monthly EFT, cash or check of only \$60

**Don't forget to check YogaAtTheAshram.org
regularly for class updates, trainings, workshops
and Gong Events every ~2 weeks!**

Hatha Yoga: A combination of stillness (meditation), movement (asana) and awareness (breath) to release and relax.

Kundalini Yoga & Meditation: Shift from the inside out, using movement, breath, deep relaxation & meditation using mantra (sound current vibrational healing) Gong may also be used for deep release. Kriya-completed yoga set. 7:30 pm Monday, Wednesday, and Sat 9:30 am employ extended meditation practices.

Family Fun Day Sundays: families are invited to attend with their children or teens of all ages and abilities. This is an age-mixed, fun, open time. Please bring a water bottle, a game or activity to share and comfy clothes for crawling around or playing outside. By donation of any amount.

Gong Yoga Relaxation Classes: New Moon \$15 and \$20 Full Moon, register online:

Visit: <https://www.yogaattheashram.org/full-moon-gong-new-moon-gong/>

for the current schedule!

Register Online: www.YogaAtTheAshram.org or call 508-376-4525

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