



Daily Yoga Class Schedule
January 5 - July 30, 2020

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
<p>9:30-11am Kundalini Yoga Restore & Nourish (Nam Hari)</p>	<p>9:30-11:00am Kundalini Yoga Invigorate! (HarSangat)</p>	<p>9:30-11am Deepen Your Inner Wisdom Kundalini Yoga (Priti Vedyia Kaur)</p>	<p>8:00-9:30am Kundalini Yoga and Meditation (Sat Tara)</p> <p>9:30-11am Restorative Kundalini Yoga (Sahib Jeet Singh)</p>	<p>9:30-11 am Kundalini Yoga Kriyas (Avtar Taran Singh)</p>	<p>8:00am-9:30 am Kundalini Yoga (Sat Tara)</p> <p>9:30-11:00am Keep Up! (Maninder Singh)</p>	<p>9:30-11am Deepen Your Inner Wisdom Kundalini Yoga (Priti Vedyia Kaur)</p>
<p>5:45-7:15pm Kundalini Yoga & Meditation Relax & Renew (Jai Seva Kaur)</p>	<p>5:45-7:15pm Kundalini Yoga Relax & Renew (Sat Siri Kaur)</p>				<p>Check the website for inspiring weekend workshops & trainings!</p>	
<p>7:30-9pm Kundalini Kriyas & 62 min. Meditations (Dr.ShamRang)</p>					<p>7-9 pm Full Moon Gong Once/Month \$22 drop in</p> <p>Jan 11 Feb 8 March 7 April 4 May 9?</p> <p>Dharam Singh, Guruatma Kaur, Siri Tapa Kaur</p>	<p>6 - 7:30 pm Kundalini Yoga & Gong Float Away on the Vibration (Gian Joti Kaur*)</p> <p>No class on these dates: New Moon extended Gong 7-8:15 pm with Guruatma Kaur Jan 26 Feb 23 March 22 April 26 (Live Streamed free on Facebook with donation)</p>

www.YogaAtTheAshram.org or call 508-376-4525
368 Village St. Millis, MA 02054



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 through Jan 31 then \$12 thereafter
Full & New Moon Gong: see separate pricing below.

*New Students: Your First Class is Free! then 30 days for \$30
Then continue easily to drop in, or enjoy*

Special discounts for unlimited EFT membership or 10-class packs

**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. All levels welcome.

Kundalini Yoga & Meditation: Shift from the inside out, using movement, kriya, 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, and Sat 9:30 am employ extended meditation practices. All levels of practice/
new students welcome to all Kundalini yoga classes.*

Gong Yoga Relaxation Classes: New Moon \$15 and \$22 Full Moon, register

online:

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

for the current schedule!

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