

AUGUST 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 Offices closed. 12 PM: Belly dance (C)					1 6:30 AM: Found (C) 9 AM: Found (C)	2 7 AM: BY Asana (W) 9 AM: Found (C) Fundamentals (W)
3 10 AM: Stability (C) 12 PM: Belly dance (C)	4 7 AM: Found (C) 9 AM: Found (C) Evening Classes Cancelled	5 Classes Cancelled	6 11:30AM: Sringara (C) 12:30 PM: Med (C) 5:45 PM: Shanti (C)	7 5:30 PM: Power (C) 7 PM: Found (C)	8 6:30 AM: Found (C) 9 AM: Found (C)	9 9 AM: Found (C) Advanced Stud I (W)
10 10 AM: Stability (C) Advanced Stud I (W)	11 8 AM: Found (C) 5:30 PM: Found (C) 7:15 PM: Being Yoga Lecture (W)	12 4:30 PM: Found 2 (C) 6 PM: Free Intro (C) 7:15 PM: Yoga Fundamentals (C) 8:15 PM: Med (C)	13 11:30AM: Sringara (C) 12:30 PM: Med (C) 5:45 PM: Shanti (C)	14 5:30 PM: Power (C) 7 PM: Found (C)	15 8 AM: Found (C)	16 9 AM: Found (C) Sandra Kozak (Katy)
17 12 PM: Belly dance (C) 2 PM: Stability (C)	18 8 AM: Found (C) 5:30 PM: Found (C) 7:15 PM: Being Yoga Lecture (W)	19 4:30 PM: Found 2 (C) 6 PM: Free Intro (C) 7:15 PM: Yoga Fundamentals (C) 8:15 PM: Med (C) Fundamentals (W)	20 11:30AM: Sringara (C) 12:30 PM: Med (C) 5:45 PM: Shanti (C) 7 PM: Inner Teacher Talk (W)	21 5:30 PM: Power (C) 7 PM: Found (C)	22 8 AM: Found (C)	23 9 AM: Found (C) Weekend Intens (W)
24 10 AM: Stability (C) Weekend Intens (W)	25 8 AM: Found (C) 5:30 PM: Found (C)	26 4:30 PM: Found 2 (C) 6 PM: Free Intro (C) 7:15 PM: Yoga Fundamentals (C) 8:15 PM: Med (C) Fitness Ev Begin (W)	27 11:30AM: Sringara (C) 12:30 PM: Med (C) 5:45 PM: Shanti (C)	28 5:30 PM: Power (C) 7 PM: Found (C)	29 Offices closed No classes	30 9 AM: Found (C) Fundamentals (W)

(W) = Workshop or event. Learn more at <http://www.yogarasa.net/workshops.html>.
(C) = Weekly class. Learn more at <http://www.yogarasa.net/weekly.html>.

LAST UPDATE: 8/24/08

SEPTEMBER 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9 AM: FREE DAY OF YOGA & SHOP SALE All are welcome! Labor Day	2 4:30 PM: Found 2 (C) 6 PM: Free Intro (C) 7:15 PM: Yoga Fundamentals (C) 8:15 PM: Med (C) Fundamentals (W)	3 11:30AM: Sringara (C) 12:30 PM: Med (C) 5:45 PM: Shanti (C) 7 PM: Being Yoga Lecture (W)	4 5:30 PM: Power (C) 7 PM: Found (C)	5 8 AM: Found (C)	6 9 AM: Found (C) Fundamentals (W)
7 10 AM: Stability (C) 12 PM: Belly dance (C)	8 8 AM: Found (C) 5:30 PM: Found (C)	9 4:30 PM: Found 2 (C) 6 PM: Free Intro (C) 7:15 PM: Yoga Fundamentals (C) 8:15 PM: Med (C)	10 11:30AM: Sringara (C) 12:30 PM: Med (C) 5:45 PM: Shanti (C)	11 5:30 PM: Power (C) 7 PM: Found (C)	12 8 AM: Found (C)	13 9 AM: Found (C) CPR (W)
14 10 AM: Stability (C)	15 8 AM: Found (C) 5:30 PM: Found (C) 7:15 PM: Being Yoga Lecture (W)	16 4:30 PM: Found 2 (C) 6 PM: Free Intro (C) 7:15 PM: Yoga Fundamentals (C) 8:15 PM: Med (C) Fundamentals (W)	17 11:30AM: Sringara (C) 12:30 PM: Med (C) 5:45 PM: Shanti (C)	18 5:30 PM: Power (C) 7 PM: Found (C)	19 8 AM: Found (C) Alex Austin -Unity (W)	20 Alex Austin -Unity (W)
21 10 AM: Stability (C) 12 PM: Belly dance (C)	22 8 AM: Found (C) 5:30 PM: Found (C) 7:15 PM: Being Yoga Lecture (W)	23 4:30 PM: Found 2 (C) 6 PM: Free Intro (C) 7:15 PM: Yoga Fundamentals (C) 8:15 PM: Med (C)	24 11:30AM: Sringara (C) 12:30 PM: Med (C) 7 PM: Nataraja (W) Fitness Ev Begin (W)	25 5:30 PM: Power (C) 7 PM: Found (C)	26 8 AM: Found (C)	27 7 AM: BY Asana (W) 9 AM: Found (C) Ayurveda I (W)
28 10 AM: Stability (C)	29 8 AM: Found (C) 5:30 PM: Found (C) 7:15 PM: Being Yoga Lecture (W)	30 4:30 PM: Found 2 (C) 6 PM: Free Intro (C) 7:15 PM: Yoga Fundamentals (C) 8:15 PM: Med (C) Fundamentals (W)				

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OCTOBER 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 11:30AM: Sringara (C) 12:30 PM: Med (C) 5:45 PM: Shanti (C)	2 5:30 PM: Power (C) 7 PM: Found (C)	3 8 AM: Found (C)	4 9 AM: Found (C) Weekend Intens (W)
5 10 AM: Stability (C) Weekend Intens (W)	6 8 AM: Found (C) 5:30 PM: Found (C) 7:15 PM: Being Yoga Lecture (W)	7 4:30 PM: Found 2 (C) 6 PM: Free Intro (C) 7:15 PM: Yoga Fundamentals (C) 8:15 PM: Med (C)	8 11:30AM: Sringara (C) 12:30 PM: Med (C) 5:45 PM: Shanti (C)	9 5:30 PM: Power (C) 7 PM: Found (C)	10 8 AM: Found (C)	11 7 AM: BY Asana (W) 9 AM: Found (C) Fundamentals (W)
12 10 AM: Stability (C) Posture & Breath (W)	13 8 AM: Found (C) 5:30 PM: Found (C) 7:15 PM: Being Yoga Lecture (W)	14 4:30 PM: Found 2 (C) 6 PM: Free Intro (C) 7:15 PM: Yoga Fundamentals (C) 8:15 PM: Med (C)	15 11:30AM: Sringara (C) 12:30 PM: Med (C) 5:45 PM: Shanti (C)	16 5:30 PM: Power (C) 7 PM: Found (C)	17 8 AM: Found (C)	18 7 AM: BY Asana (W) 9 AM: Found (C) Fundamentals (W)
19 10 AM: Stability (C)	20 8 AM: Found (C) 5:30 PM: Found (C) 7:15 PM: Being Yoga Lecture (W)	21 4:30 PM: Found 2 (C) 6 PM: Free Intro (C) 7:15 PM: Yoga Fundamentals (C) 8:15 PM: Med (C) Fundamentals (W)	22 11:30AM: Sringara (C) 12:30 PM: Med (C) 5:45 PM: Shanti (C)	23 5:30 PM: Power (C) 7 PM: Found (C)	24 8 AM: Found (C) Yoga + Wine + Chocolate (W)	25 Yoga + Wine + Chocolate (W)
26 Yoga + Wine + Chocolate (W)	27 8 AM: Found (C) 5:30 PM: Found (C)	28 4:30 PM: Found 2 (C) 6 PM: Free Intro (C) 7:15 PM: Yoga Fundamentals (C) 8:15 PM: Med (C)	29 11:30AM: Sringara (C) 12:30 PM: Med (C) 7 PM: Nataraja (W)	30 5:30 PM: Power (C) 7 PM: Found (C)	31 8 AM: Found (C)	

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