

February

sanghacenter yoga.com

Please check website for updates and weather cancellations

Drop in's are welcome unless noted otherwise.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
	9:30 -11 Yoga/Band 7-8:30 Primary Series	9:30-11 Beginner And Beyond 5:30-6:30 QiGong 7-8:30 Mixed Level	9:30 - 11 Yoga/Band 5:30 – 6:45 Beginner And Beyond 7-8:30 Mixed Level	9:30-11 Beginner And Beyond 5:30-6:30 QiGong 7-8:30 Mixed Level	9:30 – 11 Yoga/Dance 6:30 Donation Class for Phoenix Center	9-10:30 Primary Variations 10:30-10:45 Meditation 11-Noon All Level Basics
5	6	7	8	9	10	11
9-11 : Full Primary Series	9:30 -11 Yoga/Band 6-6:45: Kid's Yoga <i>please preregister</i> 7-8:30 Primary Series	9:30-11 Beginner And Beyond 5:30-6:30 QiGong 7-8:30 Mixed Level	9:30 - 11 Yoga/Band 5:30 – 6:45 Beginner And Beyond 7-8:30 Mixed Level	9:30-11 Beginner And Beyond 5:30-6:30 QiGong 7-8:30 Mixed Level	9:30 – 11 Yoga/Dance 6:30-8 Partner Yoga	9-10:30 Primary Variations 10:30-10:45 Meditation 11-Noon All Level Basics <i>(1pm On and Off Workshop)</i>
12	13	14	15	16	17	18
9-11 : Full Primary Series	9:30 -11 Yoga/Band 7-8:30 Primary Series	9:30-11 Beginner And Beyond 5:30-6:30 QiGong 7-8:30 Mixed Level	9:30 - 11 Yoga/Band 5:30 – 6:45 Beginner And Beyond 7-8:30 Mixed Level	9:30-11 Beginner And Beyond 5:30-6:30 QiGong 7-8:30 Mixed Level	9:30 – 11 Yoga/Dance 6:30- 8 : 108	9-10:30 Primary Variations 10:30-10:45 Meditation 11-Noon All Level Basics
19	20	21	22	23	24	25
9-11 : Full Primary Series	9:30 -11 Yoga/Band 7-8:30 Primary Series	9:30-11 Beginner And Beyond 5:30-6:30 QiGong 7-8:30 Mixed Level	9:30 - 11 Yoga/Band 5:30 – 6:45 Beginner And Beyond 7-8:30 Mixed Level	9:30-11 Beginner And Beyond 5:30-6:30 QiGong 7-8:30 Mixed Level	9:30 – 11 Yoga/Dance 6:30 - 8 Yoga/Dance	9-10:30 Primary Variations 10:30-10:45 Meditation 11-Noon All Level Basics
26	27	28	29	1	2	3
9-11 : Full Primary Series	9:30 -11 Yoga/Band 7-8:30 Primary Series	9:30-11 Beginner And Beyond 5:30-6:30 QiGong 7-8:30 Mixed Level	9:30 - 11 Yoga/Band 5:30 – 6:45 Beginner And Beyond 7-8:30 Mixed Level	9:30-11 Beginner And Beyond 5:30-6:30 QiGong 7-8:30 Mixed Level	9:30 – 11 Yoga/Dance 6:30 Donation Class	9-10:30 Primary Variations 10:30-10:45 Meditation 11-Noon All Level Basics 1pm Kettlebell Workshop