

# Instant Karma 2017 Summer Yoga Calendar

## Class Schedule

**Tuesday:** 4:00- 5:30pm **Gentle Yoga**

**Wednesday:** 9:30- 10:30am **Chair Yoga** (@ Sacramento Mtn. Senior Center)

5:30-7:00pm **Yoga**

**Saturday:** 8:30-10:00am **Yoga**

*Chair Yoga, Meditation & Yoga Sutra Study are happily offered free of charge*

## Tuition

**Drop-in:** \$17.00 +tax

**Unlimited Classes:** \$235.00 +tax

## July

Sun	Mo	Tue	We	Th	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

## Dates of note

7/2 Meditation with Lama Durga Das

7/4 Yoga Class Cancelled: 4th of July

7/8 Yoga Class Cancelled

7/12 Yoga Class Cancelled

7/17 Yoga Sutras Study Group 5:30- 7:00pm

## August

Sun	Mo	Tue	We	Th	Fri	Sat
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

7/31 Yoga Sutras Study 5:30-7:00pm

8/2 Yoga Class Cancelled

8/6 Meditation with Lama Durga Das

8/11 to 8/13 Swami Ishtananda: 3 Teachings

8/15 & 8/16 Yoga Class Cancelled

8/28 Yoga Sutras Study 5:30- 7:00pm

## September

Sun	Mo	Tue	We	Th	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

9/10 One Day Workshop with Alex

9/17 Meditation with Lama Durga Das

9/18 Yoga Sutras Study Group

9/20 Last Class of the Semester