

Instant Karma 2019 Fall Yoga Calendar

Class Schedule

Tuesday: 11-12pm Seniors Iyengar Yoga

Thursday: 11-12pm Seniors Iyengar Yoga

Saturday: 9-10:30am Beginner Iyengar Yoga

Tuition

1 hour class: \$10 + tax

1.5 hour class: \$15 + tax

Yoga & Vedanta Study Group is happily offered free of charge

October

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	31		

Dates of note

All Classes are cancelled for the month of October: Alex is in India

November

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

11/11 Yoga & Vedanta Study Group 5:30-7:00p

11/28 Thanksgiving: Class Cancelled

December

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	31				

12/2 Yoga & Vedanta Study Group 5:30-7:00p

12/25 Christmas