

Kundalini Yoga: UPDATED!!!

August 2010

Kundalini Yoga will have some changes in the later part of August. Please take note and enjoy the new experiences.

Ardas will be away, touring France with her 90 year old mom, cool huh! Classes will resume with Ardas after Labor Day weekend.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						14 7:30am Kundalini Yoga Gurumukh
15	16	17 5:35pm Yogilates Jessica	18 6:30am X	19 5:35pm Hatha Yoga Priya	20 6:30am X	21 7:30am Kundalini Yoga Gurumukh
22	23	24 5:35pm Yogilates Jessica	25 6:30am X	26 5:35pm Hatha Yoga Diane	27 6:30am X	28 7:30am Kundalini Yoga Gurumukh
29	30	31 5:35pm Yoga Sally	Sept. 1 6:30am X	Sept. 2 5:35pm Hatha Yoga Diane	Sept. 3 6:30am X	Sept. 4 7:30am X

For more information, please contact Kari, Health & Wellness Director, kari@eugeneymca.org