

march

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 *9-10:15am Jan <i>Seniors</i> 5:30-7pm Ken 7:30-9pm Alicia	2 9:15-10:45am Susan 5:30-7:00pm Susan	3 12-1pm Jan <i>Yoga Nidra</i> 5:30-7pm Lynn 7:30-9:00pm Meagan	4 9:15-10:45am Ken *11-11:45 Kids 3-6 5:30-7pm Ken 7:30-9pm Alicia	5 4:30-6pm Ken	6 9-10:00 am Rebecca 10:30-12 Alicia *12:30-1:30 Kids Yoga	7 ♥11:15-12:15 Meagan ♥4:00-5:00 Alicia
8 *9-10:15am Jan <i>Seniors</i> 5:30-7pm Ken 7:30-9pm Alicia	9 9:15-10:45am Susan 5:30-7:00pm Susan	10 12-1pm Jan <i>Yoga Nidra</i> 5:30-7pm Lynn 7:30-9:00pm Meagan	11 9:15-10:45am Ken *11-11:45 Kids 3-6 5:30-7pm Ken 7:30-9pm Alicia	12 4:30-6pm Ken *6:30-8:00pm Pajama Yoga	13 9-10:00 am Rebecca 10:30-12 Alicia *12:30-1:30 Kids Yoga	14 ♥11:15-12:15 Meagan 2:30-3:30 Heart Chakra Meditation ♥4:00-5:00 Susan 5:15-6:30pm Kirtan
15 *9-10:15am Jan <i>Seniors</i> 5:30-7pm Ken 7:30-9pm Alicia	16 9:15-10:45am Susan 5:30-7:00pm Susan	17 12-1pm Jan <i>Yoga Nidra</i> 5:30-7pm Lynn 7:30-9:00pm Meagan	18 9:15-10:45am Ken *11-11:45 Kids 3-6 5:30-7pm Ken 7:30-9pm Alicia	19 4:30-6pm Ken	20 9-10:00 am Rebecca 10:30-12 Alicia *12:30-1:30 Kids Yoga	21 ♥11:15-12:15 Meagan *2:30-3:30pm Family Yoga ♥4:00-5:00 Rebecca
22 *9-10:15am Jan <i>Seniors</i> 5:30-7pm Ken 7:30-9pm Alicia	23 9:15-10:45am Susan 5:30-7:00pm Susan	24 12-1pm Jan <i>Yoga Nidra</i> 5:30-7pm TBA 7:30-9:00pm Meagan	25 9:15-10:45am Ken *11-11:45 Kids 3-6 5:30-7pm Ken 7:30-9pm Alicia	26 4:30-6pm Ken	27 9-10:00 am Rebecca 10:30-12 Alicia	28 ♥11:15-12:15 Meagan ♥4:00-5:00 Rebecca
29 *9-10:15am Jan <i>Seniors</i> 5:30-7pm Ken 7:30-9pm Alicia	30 9:15-10:45am Ken 5:30-7:00pm Ken	31 12-1pm Jan <i>Yoga Nidra</i> 5:30-7pm Lynn 7:30-9:00pm Meagan	"The moment when the exhalation is completely accomplished is not an absence of breathing. You touch the ultimate reality in this moment," Jean Klein Transmission of the Flame pg. 40.			

* indicates classes that require separate registration
 ♥ \$5 or 2 credit Community Yoga class

289-3007
www.alleyCatYoga.com

