



YOGA AT THE ASHRAM

The Baba Siri Chand Yoga and Retreat Center



Early 2017 Daily Yoga Class Schedule Jan 1 Through April 2, 2017

Affordable Yoga & Meditation for All: Over for Details

- All Classes incorporate all levels of experience. Simply let the teacher know of any concerns
- You may also drop in 4 am-6:30 am Free daily early am practice: "sadhana" see website for details

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<u>7:15-8:15 am</u> Rise & Shine Kundalini Yoga (Sangat Dhyam)				
		<u>9-10am</u> Vinyasa/Flow Yoga (Amy)		<u>9-10am</u> Vinyasa/Flow (Rachel)		
<u>9:30-11am</u> Kundalini Yoga feel light feel good! (Sukh Nidhan Kaur)	<u>9:30am-11am</u> Kundalini Yoga Invigorate! (HarSangat Kaur)	<u>9:30-11am</u> \$5 Community Kundalini Class (Sach Anand & Mandeep Kaur)	<u>9:30-11am</u> Restorative Kundalini Yoga (Sat Nam Kaur)	<u>10:15-11:45 am</u> Kundalini Yoga (\$5) (Various Teachers)	<u>9:30am-11am</u> Kundalini Yoga (GuruJiwan Singh)	
			<u>11:30am-12:30pm</u> Tai Chi & Qi Gong all levels (Michelle) (no class Jan 12 & 19)			
			<u>3-5pm</u> Learning from the Heart for children with challenges (pre-reg; see over)			<u>1:15-2pm</u> Donation Based Family Fun Yoga For Families & Kids of all ages
<u>5:45-7:15pm</u> Kundalini withGong for health & healing (Gian Joti Kaur)	<u>5:45-7:15pm</u> Kundalini Yoga Gentle & Heart Centered (Jot Kaur)	<u>5:45-7:15pm</u> Kundalini Yoga (Sahib Jeet Singh)	<u>6-7:15pm</u> Kundalini Yoga with Gong (Siri Sevak Kaur) <u>6-7:15pm</u> Vinyasa/Flow Yoga (Michelle)	<u>4-5:15 pm</u> Kundalini Yoga & Meditation (KeherJeet Kaur) Begins Jan 20	Check the website for fabulous weekend workshops & trainings!	Beg. Jan 8: Martial Arts for Women: Beginners 4-5 pm Advanced 5-6 pm \$60/month Drop-in Self Defense \$15 Last Sunday during Beginners' Class 4-5 pm
<u>7:30-9pm</u> Kundalini Kriyas & 62 min. Meditations Dr.ShamRang	<u>7:30-9pm</u> Kundalini Yoga for deep healing & blessing (Sat Kartar Kaur)	<u>7:30-9pm</u> Joyful Hatha Yoga (JoAnn) <u>7:30-8:45pm</u> Kundalini Kriyas & Meditation (GuruJiwan Singh)	<u>7:30-9pm</u> Kundalini Yoga (Keher Jeet Kaur , then Jot Singh Returns Jan. 19)		<u>7-9 pm</u> see Full Moon Gong Schedule for Dates Once/Month \$20 (see over for first 4 mos)	<u>7-8:30 pm</u> \$5 Kundalini (Tej Mohan Singh) Alternates w New Moon Gong Schedule for Once/ Month \$15 (see over for first 4 mos)

www.YogaAtTheAshram.org or call 508-376-4525
368 Village St. Millis, MA 02054





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Affordable Yoga & Meditation for All Early 2017 Class Info:

All Levels Welcome & All Classes \$10 (unless listed as a \$5 Community Class)
Full & New Moon Gong: see separate pricing below.

New Students: Your First Class is Free! then 30 days for \$30

Then, continue easily:

*- drop in **\$10** (unless \$5 Community Class)*

***or** - purchase: Ten Class passes \$95 prepaid,*

***or** - Unlimited Classes for Monthly EFT of only \$60*

**Don't forget to check YogaAtTheAshram.org
regularly for class updates, trainings, workshops
and Gong Events every ~2 weeks!**

Hatha Yoga: A combination of stillness (meditation), movement (asana) and awareness (breath) to release and relax.

Kundalini Yoga & Meditation: Shift from the inside out, using movement, breath, deep relaxation & meditation using mantra (sound current vibrational healing) Gong may also be used for deep release. Kriya-completed yoga set. 7:30 pm Monday, Wednesday, and Sat 9:30 am employ extended meditation practices.

Learning From the Heart: Community, healing movement, and a place to belong, for children with challenges

Please pre-register w Sat Nam Kaur 508-259-4665 or satnamkaur@learningfromtheheart.com

Tai Chi/ Qi Gong: Create space in the body with breath, through movement

Vinyasa Yoga: Using asana (posture) and breath new flexibility of mind and body are discovered

Gong Yoga Relaxation Classes: New Moon \$15 and \$20 Full Moon, at the door:

New Moon 7-8:30 pm on these

Full Moon 7-9 pm on these

Sundays: (in place of 7pm class)

Saturdays:

Jan 29, Feb 26, Mar 26, Apr 23

Jan 14, Feb 11, Mar 11, Apr 8

Visit: <http://www.yogaattheashram.org/full-new-moon-events/>

for the full year's schedule!

Register Online: www.YogaAtTheAshram.org or call 508-376-4525

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