



amrita
a sanctuary for yoga

· (2012 class schedule) ·

sunday

8 - 9:30am	beyond asana (level 2+)	sarahjoy
10 - 11:30am	awareness + alignment (level 1)	sarahjoy

monday

7 - 8:15am	level 2	susana
9 - 10:15am	level 1 - 2	liz
10:45am - 12:15pm	level 2	sarahjoy
5:45 - 7pm	yoga + strength conditioning	bonnie

tuesday

7 - 8:15am	level 3	sarahjoy
9 - 10:15am	yoga + strength conditioning	sarahjoy
10:45am - 12pm	chair yoga	sarahjoy
5:45 - 7:00pm	level 1	todd

wednesday

7 - 8:15am	level 2	susanna
8:15 - 9:15am	yoga + strength conditioning	lynn
9 - 10:15am	level 1 - 2	sarahjoy
10:45am - 12:15pm	level 2	sarahjoy

thursday

7 - 8:15am	level 3	sarahjoy
9 - 10:15am	level 1	lynn
10:45am - 12:15pm	ease into yoga	kimberly
5:45 - 7pm	level 1 - 2	bonnie

friday

7 - 8:15am	level 2	susana
8 - 9am	yoga + strength conditioning	lynn
9 - 10:15am	level 1 - 2	liz

saturday

8 - 9:30am	level 1 - 2	susana
10 - 11:30am	level 2 - 3	susana

subject to change - revised 2/15/2012

check the website for most current information

amrita: a sanctuary for yoga

0110 SW Bancroft St (at the corner of SW Bancroft & SW Corbett)

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