



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BEG: All students welcome. These classes are perfect for both newer students and seasoned Yogis armed at keeping the foundations of practice solid.</p> <p>INT: For intermediate Yogis who are ready to move beyond Asana into the more transformative elements of Prana. A consistent practice and a steady and calm mind are the prerequisites.</p> <p>ADV: Only for those students with a committed daily practice, a solid grasp of Mind/Moon and Prana/Sun and an authentic readiness to move into Tantric practices such as Bandha, Mudra and Kriya. Not suitable for newer students.</p>						
<p>6: 7.15am Advanced Practice (ADV) Octavio 9am Sun Hatha (INT) Ami 11am Beginners Hatha (BEG) Jonas 2.30pm Pranayama & Meditation (ALL) Ami 4pm Restorative Hatha (ALL) Jonas 6pm Moon Hatha (ALL) Jonas 6.15pm Beginners Hatha (BEG) Ami</p>	<p>7: 7.15am Fire Hatha (INT) Octavio 9am Sun Hatha (INT) Jonas 11am Beginners Hatha (BEG) Ami 12.45pm Moon Hatha (ALL) Jonas 2.30pm Yoga Nidra (ALL) Octavio 4pm Restorative Hatha (ALL) Ami 6pm Moon Hatha (ALL) Jonas 7.45pm The Practice Band: Kirtan</p>	<p>8: 7.15am Fire Hatha (INT) Octavio 9am Sun Hatha (INT) Kall 11am Beginners Hatha (BEG) Ami 2.30pm Pranayama & Meditation (ALL) Kall 4pm Restorative Hatha (ALL) Jonas 6pm Moon Hatha (ALL) Ami 6.15pm Beginners Hatha (BEG) Kall</p>	<p>9: 7.15am Fire Hatha (INT) Ellen 9am Sun Hatha (INT) Kall 11am Beginners Hatha (BEG) Ami 12.45pm Moon Hatha (ALL) Kall 2.30pm Yoga Nidra (ALL) Ellen 4pm Restorative Hatha (ALL) Ami 6pm Moon Hatha (ALL) Kall 6.15pm Moon Hatha (ALL) Palin</p>	<p>10: 7.15am Advanced Practice (ADV) Kall D 9am Sun Hatha (INT) Ellen 11am Beginners Hatha (BEG) Kall 2.30pm Pranayama & Meditation (ALL) Jonas 4pm Restorative Hatha (ALL) Ellen 6pm Moon Hatha (ALL) Kall 6.15pm Beginners Hatha (BEG) Jonas</p>	<p>11: 7.15am Fire Hatha (INT) Ellen 9am Sun Hatha (INT) Kall D 11am Beginners Hatha (BEG) Kall 2.30pm Yoga Nidra (ALL) Kall D 4pm Restorative Hatha (ALL) Kall D 6pm Moon Hatha (ALL) Ellen</p>	<p>12: 8am Advanced Practice (2HR) (ADV) Ellen 11am Beginners Hatha (BEG) Jonas 4pm Restorative Hatha (ALL) Kirtan 6pm Moon Hatha (ALL) Ellen 6.15pm Moon Hatha (ALL) Ellen</p>
<p>13: 7.15am Advanced Practice (ADV) Octavio 9am Sun Hatha (INT) Kall D 11am Beginners Hatha (BEG) Karina 2.30pm Pranayama & Meditation (ALL) Karina 4pm Restorative Hatha (ALL) Jonas 6pm Moon Hatha (ALL) Kall D 6.15pm Beginners Hatha (BEG) Kall D</p>	<p>14: 7.15am Fire Hatha (INT) Octavio 9am Sun Hatha (INT) Jonas 11am Beginners Hatha (BEG) Ami 12.45pm Moon Hatha (ALL) Jonas 2.30pm Yoga Nidra (ALL) Octavio 4pm Restorative Hatha (ALL) Kall D 6pm Moon Hatha (ALL) Kall D 7.45pm Octavio Salvador: Living Tantra</p>	<p>15: 7.15am Fire Hatha (INT) Karina 9am Sun Hatha (INT) Kall 11am Beginners Hatha (BEG) Ami 2.30pm Pranayama & Meditation (ALL) Kall 4pm Restorative Hatha (ALL) Karina 6pm Moon Hatha (ALL) Ami 6.15pm Beginners Hatha (BEG) Jonas</p>	<p>16: 7.15am Fire Hatha (INT) Ellen 9am Sun Hatha (INT) Kall 11am Beginners Hatha (BEG) Ami 12.45pm Moon Hatha (ALL) Kall 2.30pm Yoga Nidra (ALL) Ellen 4pm Restorative Hatha (ALL) Ami 6pm Moon Hatha (ALL) Karina</p>	<p>17: 7.15am Advanced Practice (ADV) Octavio 9am Sun Hatha (INT) Ellen 11am Beginners Hatha (BEG) Kall 2.30pm Pranayama & Meditation (ALL) Jonas 4pm Restorative Hatha (ALL) Ellen 6pm Moon Hatha (ALL) Kall 6.15pm Beginners Hatha (BEG) Jonas</p>	<p>18: 7.15am Fire Hatha (INT) Kall D 9am Sun Hatha (INT) Ellen 11am Beginners Hatha (BEG) Ami 2.30pm Yoga Nidra (ALL) Kall D 4pm Restorative Hatha (ALL) Kall D 6pm Moon Hatha (ALL) Ellen</p>	<p>19: 8am Advanced Practice (2HR) (ADV) Ellen 11am Beginners Hatha (BEG) Ami 4pm Restorative Hatha (ALL) Kall 6pm Kirtan (ALL) Ellen</p>
<p>20: 7.15am Advanced Practice (ADV) Kall D 9am Sun Hatha (INT) Ami 11am Beginners Hatha (BEG) Jonas 2.30pm Pranayama & Meditation (ALL) Jonas 4pm Restorative Hatha (ALL) Ami 6pm Moon Hatha (ALL) Jonas 6.15pm Beginners Hatha (BEG) Ami 8.30hr Hatha Training</p>	<p>21: 7.15am Fire Hatha (INT) Kall D 9am Sun Hatha (INT) Jonas 11am Beginners Hatha (BEG) Ami 12.45pm Moon Hatha (ALL) Jonas 2.30pm Yoga Nidra (ALL) Karina 4pm Restorative Hatha (ALL) Ami 6pm Moon Hatha (ALL) Ami 7.45pm Move: Alive: The Life of Yogananda</p>	<p>22: 7.15am Fire Hatha (INT) Karina 9am Sun Hatha (INT) Kall 11am Beginners Hatha (BEG) Ami 2.30pm Pranayama & Meditation (ALL) Kall 4pm Restorative Hatha (ALL) Karina 6pm Moon Hatha (ALL) Ami 6.15pm Beginners Hatha (BEG) Kall D 8.30hr Hatha Training</p>	<p>23: 7.15am Fire Hatha (INT) Ellen 9am Sun Hatha (INT) Kall 11am Beginners Hatha (BEG) Ellen 12.45pm Moon Hatha (ALL) Kall 2.30pm Yoga Nidra (ALL) Ellen 4pm Restorative Hatha (ALL) Karina 6pm Moon Hatha (ALL) Karina 8.30hr Hatha Training</p>	<p>24: 7.15am Advanced Practice (ADV) Karina 9am Sun Hatha (INT) Ellen 11am Beginners Hatha (BEG) Kall 2.30pm Pranayama & Meditation (ALL) Kall 4pm Restorative Hatha (ALL) Ellen 6pm Moon Hatha (ALL) Kall 6.15pm Beginners Hatha (BEG) Kall 8.30hr Hatha Training</p>	<p>25: 7.15am Fire Hatha (INT) Ellen 9am Sun Hatha (INT) Kall 11am Beginners Hatha (BEG) Kall 2.30pm Yoga Nidra (ALL) Ellen 4pm Restorative Hatha (ALL) Kall 6pm Moon Hatha (ALL) Ellen 8.30hr Hatha Training</p>	<p>26: 8am Advanced Practice (2HR) (ADV) Ellen 11am Beginners Hatha (BEG) Karina 4pm Restorative Hatha (ALL) Karina 6pm Kirtan (ALL) Ellen 8.30hr Hatha Training</p>
<p>27: 7.15am Advanced Practice (ADV) Octavio 9am Sun Hatha (INT) Kall D 11am Beginners Hatha (BEG) Ellen 2.30pm Pranayama & Meditation (ALL) Karina 4pm Restorative Hatha (ALL) Kall D 6pm Moon Hatha (ALL) Kall D 6.15pm Beginners Hatha (BEG) Ellen</p>	<p>28: 7.15am Fire Hatha (INT) Octavio 9am Sun Hatha (INT) Kall D 11am Beginners Hatha (BEG) Kall D 12.45pm Moon Hatha (ALL) Kall D 2.30pm Yoga Nidra (ALL) Octavio 4pm Restorative Hatha (ALL) Kall D 6pm Moon Hatha (ALL) Kall D 7.45pm Call Masy: Processing Your Emotions + Guided Reflection</p>	<p>29: 7.15am Fire Hatha (INT) Karina 9am Sun Hatha (INT) Kall 11am Beginners Hatha (BEG) Ami 2.30pm Pranayama & Meditation (ALL) Kall 4pm Restorative Hatha (ALL) Karina 6pm Moon Hatha (ALL) Ami 6.15pm Beginners Hatha (BEG) Karina</p>	<p>30: 7.15am Fire Hatha (INT) Ellen 9am Sun Hatha (INT) Kall 11am Beginners Hatha (BEG) Ami 12.45pm Moon Hatha (ALL) Kall 2.30pm Yoga Nidra (ALL) Ami 4pm Restorative Hatha (ALL) Ami 6pm Moon Hatha (ALL) Ami</p>	<p>31: 7.15am Advanced Practice (ADV) Octavio 9am Sun Hatha (INT) Ellen 11am Beginners Hatha (BEG) Kall 2.30pm Pranayama & Meditation (ALL) Kall 4pm Restorative Hatha (ALL) Ellen 6pm Moon Hatha (ALL) Kall 6.15pm Beginners Hatha (BEG) Ellen</p>	<p>ALL Meditation Classes are 60 min. Yoga classes (other than those listed as 2HR) are 90 mins. All classes include Asana, Pranayama & Meditation. All Tuesday Night Offerings @ 7:45pm are FREE. Strictly no late entry.</p>	

MAY SCHEDULE
moon sun fire
TRADITIONAL TANTRIC HATHA YOGA
HATHA, RESTORATIVE, KIRTAN, COACHING,
MEDITATION, FREE WEEKLY OFFERINGS,
WORKSHOPS, YOGA TEACHER TRAINING.

TRADITIONAL TANTRIC HATHA PRACTICES

MOON Stage 1 of Traditional Tantric Hatha Practice.
Moon practice uses asana, pranayama & meditation to cultivate stability & calmness in body & mind. A deep, nourishing practice with longer holds using standing poses & floor work to guide awareness inwards & touch that pure quality of stillness.

SUN Stage 2 of Traditional Tantric Hatha Practice.
Sun practice builds energetic sensitivity, deepening your relationship to prana (the vital force that sustains life). Sun practice cultivates inner power & the sensitivity we need to touch subtler planes of reality.

FIRE Final Stage of Traditional Tantric Hatha Practice.
Bringing together all elements of practice - asana, pranayama, bandha, mudra and meditation to stoke the fire (kundalini) within.

Kirtan
Bhakti (devotional practice): Music and mantra to call in the energies of the deities.

Pranayama and Meditation
A 1hr seated practice focusing on pranayama and Tantric meditation.

Restorative Hatha
A slower practice introducing students to the subtle-energetic aspects of traditional practice. Restorative in nature, you will use props to support the body in a handful of long-held floor poses. Train body & mind to rest in stillness in preparation for pranayama & meditation.