



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>1</b> 7.15am Advanced Practice (ADV) Karina 9am Sun Hatha (INT) Kall.D 11am Beginners Hatha (BEG) Jonas 2.30pm Pranayama &amp; Meditation (ALL) Pelin 4pm Restorative Hatha (ALL) Pelin 6pm Moon Hatha (ALL) Kall.D</p>	<p><b>2</b> 7.15am Fire Hatha (INT) Octavio 9am Sun Hatha (INT) Ami 11am Beginners Hatha (BEG) Ami 2.30pm Pranayama &amp; Meditation (ALL) Jonas 4pm Restorative Hatha (ALL) Jonas 6pm Moon Hatha (ALL) Ami 7.45pm Movie: <i>Heal</i></p>	<p><b>3</b> 7.15am Fire Hatha (INT) Kall.D 9am Sun Hatha (INT) Jonas 11am Beginners Hatha (BEG) Pelin 2.30pm Pranayama &amp; Meditation (ALL) Kall 4pm Restorative Hatha (ALL) Ami 6pm Moon Hatha (ALL) Ami</p>	<p><b>4</b> 7.15am Fire Hatha (INT) Karina 9am Sun Hatha (INT) Kall.D 11am Beginners Hatha (BEG) Ellen 2.30pm Yoga Nidra (ALL) Ellen 4pm Restorative Hatha (ALL) Pelin 6pm Moon Hatha (ALL) Pelin</p>	<p><b>5</b> 7.15am Advanced Practice (ADV) Octavio 9am Sun Hatha (INT) Ellen 11am Beginners Hatha (BEG) Kall 2.30pm Pranayama &amp; Meditation (ALL) Jonas 4pm Restorative Hatha (ALL) Kall 6pm Moon Hatha (ALL) Ellen</p>	<p><b>6</b> 7.15am Fire Hatha (INT) Kall.D 9am Sun Hatha (INT) Ellen 11am Beginners Hatha (BEG) Kall 2.30pm Yoga Nidra (ALL) Kall.D 4pm Restorative Hatha (ALL) Ellen 6pm Moon Hatha (ALL) Kall</p>	<p><b>7</b> 8am Advanced Practice (2HR) (ADV) Ellen 11am Beginners Hatha (BEG) Jonas 4pm Restorative Hatha (ALL) Ellen 6pm Kirtan (ALL) Ellen</p>
<p><b>8</b> 7.15am Advanced Practice (ADV) Kall.D 9am Sun Hatha (INT) Jonas 11am Beginners Hatha (BEG) Jonas 2.30pm Pranayama &amp; Meditation (ALL) Ami 4pm Restorative Hatha (ALL) Pelin 6pm Moon Hatha (ALL) Kall.D</p>	<p><b>9</b> 7.15am Fire Hatha (INT) Octavio 9am Sun Hatha (INT) Jonas 11am Beginners Hatha (BEG) Ami 2.30pm Pranayama &amp; Meditation (ALL) Ami 4pm Restorative Hatha (ALL) Kall.D 6pm Moon Hatha (ALL) Jonas 7.45pm Pelin Turgut: <i>Silent Meditation Circle</i></p>	<p><b>10</b> 7.15am Fire Hatha (INT) Pelin 9am Sun Hatha (INT) Kall 11am Beginners Hatha (BEG) Ami 2.30pm Pranayama &amp; Meditation (ALL) Kall 4pm Restorative Hatha (ALL) Pelin 6pm Moon Hatha (ALL) Ami</p>	<p><b>11</b> 7.15am Fire Hatha (INT) Kall.D 9am Sun Hatha (INT) Kall 11am Beginners Hatha (BEG) Ellen 2.30pm Yoga Nidra (ALL) Ellen 4pm Restorative Hatha (ALL) Ami 6pm Moon Hatha (ALL) Pelin</p>	<p><b>12</b> 7.15am Advanced Practice (ADV) Kall.D 9am Sun Hatha (INT) Ellen 11am Beginners Hatha (BEG) Kall 2.30pm Pranayama &amp; Meditation (ALL) Jonas 4pm Restorative Hatha (ALL) Kall 6pm Moon Hatha (ALL) Ellen</p>	<p><b>13</b> 7.15am Fire Hatha (INT) Kall.D 9am Sun Hatha (INT) Ellen 11am Beginners Hatha (BEG) Kall 2.30pm Yoga Nidra (ALL) Kall.D 4pm Restorative Hatha (ALL) Ellen 6pm Moon Hatha (ALL) Kall</p>	<p><b>14</b> 8am Advanced Practice (2HR) (ADV) Ellen 11am Beginners Hatha (BEG) Jonas 4pm Restorative Hatha (ALL) Jonas 6pm Kirtan (ALL) Ellen</p>
<p><b>15</b> 7.15am Advanced Practice (ADV) Kall.D 9am Sun Hatha (INT) Jonas 11am Beginners Hatha (BEG) Jonas 2.30pm Pranayama &amp; Meditation (ALL) Pelin 4pm Restorative Hatha (ALL) Pelin 6pm Moon Hatha (ALL) Ami</p>	<p><b>16</b> 7.15am Fire Hatha (INT) Kall.D 9am Sun Hatha (INT) Jonas 11am Beginners Hatha (BEG) Jonas 2.30pm Pranayama &amp; Meditation (ALL) Ami 4pm Restorative Hatha (ALL) Kall.D 6pm Moon Hatha (ALL) Kall.D 7.45pm Carl Masoy: <i>Decision Making Mystery</i></p>	<p><b>17</b> 7.15am Fire Hatha (INT) Karina 9am Sun Hatha (INT) Jonas 11am Beginners Hatha (BEG) Pelin 2.30pm Pranayama &amp; Meditation (ALL) Ami 4pm Restorative Hatha (ALL) Pelin 6pm Moon Hatha (ALL) Karina</p>	<p><b>18</b> 7.15am Fire Hatha (INT) Karina 9am Sun Hatha (INT) Ami 11am Beginners Hatha (BEG) Ellen 2.30pm Yoga Nidra (ALL) Ellen 4pm Restorative Hatha (ALL) Karina 6pm Moon Hatha (ALL) Ami</p>	<p><b>19</b> 7.15am Advanced Practice (ADV) Octavio 9am Sun Hatha (INT) Ellen 11am Beginners Hatha (BEG) Karina 2.30pm Pranayama &amp; Meditation (ALL) Ami 4pm Restorative Hatha (ALL) Ami 6pm Moon Hatha (ALL) Ellen 8pm Carl Masoy: <i>Life Masterclass</i> Pelin Turgut: <i>Silent Retreat at Vila Alami Tabanan</i></p>	<p><b>20</b> 7.15am Fire Hatha (INT) Kall.D 9am Sun Hatha (INT) Ellen 11am Beginners Hatha (BEG) Kall 2.30pm Yoga Nidra (ALL) Kall.D 4pm Restorative Hatha (ALL) Ellen 6pm Moon Hatha (ALL) Jonas 8pm Carl Masoy: <i>Life Masterclass</i> Pelin Turgut: <i>Silent Retreat at Vila Alami Tabanan</i></p>	<p><b>21</b> 8am Advanced Practice (2HR) (ADV) Ellen 11am Beginners Hatha (BEG) Kall 4pm Restorative Hatha (ALL) Kall.D 6pm Kirtan (ALL) Ellen 8am-4pm Carl Masoy: <i>Life Masterclass</i> Pelin Turgut: <i>Silent Retreat at Vila Alami Tabanan</i></p>
<p><b>22</b> 7.15am Advanced Practice (ADV) Octavio 9am Sun Hatha (INT) Kall.D 11am Beginners Hatha (BEG) Jonas 2.30pm Pranayama &amp; Meditation (ALL) Pelin 4pm Restorative Hatha (ALL) Pelin 6pm Moon Hatha (ALL) Kall.D</p>	<p><b>23</b> 7.15am Fire Hatha (INT) Octavio 9am Sun Hatha (INT) Ami 11am Beginners Hatha (BEG) Ami 2.30pm Kriya Meditation (ALL) Octavio 4pm Restorative Hatha (ALL) Pelin 6pm Moon Hatha (ALL) Pelin 7.45pm <i>The Practice Band: Kirtan</i></p>	<p><b>24</b> 7.15am Fire Hatha (INT) Karina 9am Sun Hatha (INT) Jonas 11am Beginners Hatha (BEG) Pelin 2.30pm Pranayama &amp; Meditation (ALL) Jonas 4pm Restorative Hatha (ALL) Pelin 6pm Moon Hatha (ALL) Karina</p>	<p><b>25</b> 7.15am Fire Hatha (INT) Karina 9am Sun Hatha (INT) Jonas 11am Beginners Hatha (BEG) Ellen 2.30pm Yoga Nidra (ALL) Ellen 4pm Restorative Hatha (ALL) Jonas 6pm Moon Hatha (ALL) Pelin</p>	<p><b>26</b> 7.15am Advanced Practice (ADV) Octavio 9am Sun Hatha (INT) Ellen 11am Beginners Hatha (BEG) Pelin 2.30pm Pranayama &amp; Meditation (ALL) Jonas 4pm Restorative Hatha (ALL) Jonas 6pm Moon Hatha (ALL) Ellen</p>	<p><b>27</b> 7.15am Fire Hatha (INT) Karina 9am Sun Hatha (INT) Ellen 11am Beginners Hatha (BEG) Kall 2.30pm Yoga Nidra (ALL) Karina 4pm Restorative Hatha (ALL) Ellen 6pm Moon Hatha (ALL) Jonas</p>	<p><b>28</b> 8am Advanced Practice (2HR) (ADV) Ellen 11am Beginners Hatha (BEG) Kall 4pm Restorative Hatha (ALL) Kall 6pm Kirtan (ALL) Ellen</p>
<p><b>29</b> 7.15am Advanced Practice (ADV) Octavio 9am Sun Hatha (INT) Kall 11am Beginners Hatha (BEG) Jonas 2.30pm Pranayama &amp; Meditation (ALL) Pelin 4pm Restorative Hatha (ALL) Pelin 6pm Moon Hatha (ALL) Jonas</p>	<p><b>30</b> 7.15am Fire Hatha (INT) Octavio 9am Sun Hatha (INT) Karina 11am Beginners Hatha (BEG) Karina 2.30pm Kriya Meditation (ALL) Octavio 4pm Restorative Hatha (ALL) Kall 6pm Moon Hatha (ALL) Kall 7.45pm Movie: <i>Finding Joe</i></p>	<p><b>ALL Meditation Classes are 60 min. Yoga classes (other than those listed as 2HR) are 90 mins. All classes include Asana, Pranayama &amp; Meditation. All Tuesday Night offerings @ 7:45pm are FREE.</b></p> <p><b>BEG.</b> All students welcome.</p> <p><b>INT.</b> For intermediate Yogis who are ready to move beyond Asana into the more transformative elements of Practice. A consistent practice and a steady and calm mind are the prerequisites.</p> <p><b>ADV.</b> 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>				

## APRIL 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.

**Kriya Yoga Meditation** Tantric Meditation. Kriya Yoga Meditation is a simple & potent method for inducing the awakening of kundalini using seated asana, pranayama, bandha, mudra, mantra and meditation.

**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.