ANANDA
Yoga & Events Center

WEEK OF
SEP 28 - OCT 3

WEEKLY SCHEDULE

MON 28	7:30 PM	SOFTEN & STRETCH
TUES 29	12:15 PM 7:30 PM	UNWIND & ALIGN SOFTEN & STRETCH
WED 30	12:15 PM 6:30 PM	UNWIND & ALIGN FLOW & RELEASE
THUR 1	12:15 PM 5:30 PM	UNWIND & ALIGN ANANDA FLOW
FRI 2		PRIVATE EVENT
SAT 3	9 AM 11 AM	FLOW & RELEASE YOGA TOGETHER

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