

# **Sangha Yoga Shala / March 2010**

*-For subs, class changes, or cancellations, please check our online scheduling system.*

*-Mysore classes do not meet on Mondays*

## **Ashtanga Class Schedule**

please visit [ashtangayogabrooklyn.com](http://ashtangayogabrooklyn.com)

## **General Class Schedule**

### **Monday**

9:30-11am Self Practice for all Traditions

12-1:30pm Vinyasa Yoga (all levels)

6:30-8pm Hatha Vinyasa Yoga (all levels)

8:15-9:30pm Vinyasa Yoga (all levels)

### **Tuesday**

9:30-11am Self Practice for all Traditions

12-1:30pm Vinyasa Yoga (all levels)

6:30-8pm Vinyasa Yoga (all levels)

8:15-9:15pm Vinyasa Yoga (all levels)

### **Wednesday**

9:30-11am Self Practice for all Traditions

12-1:30pm Vinyasa Yoga (all levels)

6:30-8pm Iyengar Rope Wall Yoga (all levels)

8:15-9:30pm Vinyasa Yoga (all levels)

### **Thursday**

9:30-11am Self Practice for all Traditions

12-1:30pm \$10 Community Vinyasa Yoga (all levels)

6:30-8pm Jivamukti Yoga (all levels)

8:15-9:15pm \$10 Community Hatha Vinyasa Yoga (all levels)

### **Friday**

12-1:30pm Jivamukti Yoga (all levels)

6:30-7:45 \$10 Community Vinyasa Yoga (all levels)

### **Saturday**

10:30-12pm Jivamukti Yoga (all levels)

### **Sunday**

10:30-12pm Vinyasa Yoga (all levels)

4:30-5:45pm Vinyasa Yoga (all levels)