



Yoga at the Ashram

Summer Schedule 2010 begins 5/31

MONDAY	Time	Teacher	Studio
Yoga Core	9:30 - 10:30 AM	Victoria	Main Studio
Yoga Core	5:00 - 6:00 PM	Victoria	Main Studio
Dynamic Dance	6:30 - 7:30 PM	Rachel	Main Studio
Kundalini Yoga	7:30 - 8:45 PM	Jai Kaur	Studio G
TUESDAY			
Kundalini Yoga	9:00 - 10:15 AM	Jai Kaur	Studio G
Kundalini Yoga	6:00 - 7:15 PM	Mira	Studio G
♥ Community Hatha Yoga (1st Tues.)	7:00 - 8:00 PM	Various Teachers	Main Studio
Kundalini Yoga	7:30 - 8:45 PM	Anand Kaur	Studio G
WEDNESDAY			
Yoga Core	9:30 - 10:30 AM	Victoria	Main Studio
Tai Chi (ends July 21st)	6:00 - 7:00 PM	Ed	Main Studio
Kundalini Yoga Gong	6:00 - 7:15 PM	Siri Sevak Kaur	Studio G
Kundalini Yoga	7:15 - 8:30 PM	Guru Jiwan Singh	Main Studio
THURSDAY			
Yoga Core	5:00 - 6:00 PM	Victoria	Main Studio
Kundalini Yoga	7:30 - 9:00 PM	Guruatma Singh	Main Studio
FRIDAY			
Yoga Core	9:30 - 10:30 AM	Victoria	Main Studio
SATURDAY			
Kundalini Yoga	8:30 - 9:45 AM	Various Teachers	Studio G
Notes	Prices	Yoga at the Ashram	
♥ Community Hatha Yoga \$5 donation; held on the 1st Tuesday each month	Drop-in: \$15 10-Class Pass: \$120 Unlimited Monthly Pass: \$95	Baba Siri Chand Yoga Center 368 Village St. Millis, MA 508-376-4525	



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CLASS DESCRIPTIONS

Kundalini Yoga

Kundalini Yoga includes all elements of the ancient teachings of yoga: Asana (postures), Pranayama (breathing techniques), Mantra (sound), Mudra (hand positions), and Meditation. These aspects are combined into series of exercises called Kriyas. Some Kriyas are dynamic and energetic, others are slow and meditative.

Kundalini Yoga not only develops flexible and tones muscles but also strengthens the nervous, glandular, and immune systems. It increases mental energy and gives you a deep inner calm, strength, and grace. This ancient system draws upon a vast body of teachings brought to the U.S. by Yogi Bhajan.

Yoga Core

This is a Vinyasa Flow Hatha based class with a focus on strengthening and toning the core muscles. You will receive the benefits of a full body workout while bringing balance to the mind, body and spirit. The room will be moderately heated to 75 - 80 degrees. Suitable for all levels.

Dynamic Dance

This is fun, low impact form of exercise. A great way to ground your awareness in your body and explore creativity through movement. Suitable for all levels.

Hatha Yoga

A form of yoga that uses posture and breathing methods as a means to health and well-being. Postures include seated, standing, reclined and inverted. Students are encouraged to progress at their own level. Suitable for everyone.

Tai Chi

The flowing movements of Tai Chi are a moving meditation where we experience the flow of energy within us and around us. Chi flow in the body follows the path of the nervous system, vascular system and meridian lines. The movements of Tai-Chi were created to enhance this flow leading to greater health, vitality and longevity. As we cultivate this supreme, ultimate energy we become perceptively in tune with our body and mind. This intimate relationship allows us to direct our own energies to heal.

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