

LOTUS GARDEN Class Schedule



All classes are **In-Studio AND Virtual** except where noted. Online pre-registration required.
Yoga and Chi Gong held at 9739-B Fair Oaks Bl. | Meditation held @ 7225 Lincoln Ave.

Monday	8:45am—10:00am	Hatha Yoga All Levels (Andrea)
	10:30am – 11:45am	Gentle Yoga (Kat)
	5:00pm—6:00pm	Slow Flow Hatha Yoga All Levels (Gena)
	6:30pm – 7:45pm	Deep Peace Gentle Yoga (Becky)
Tuesday	9:00am—10:00am	Gentle, Deep Stretch Yoga (Gena)
	6:30pm—7:30pm	Slow Flow Hatha Yoga All Levels (Elise)
Wednesday	8:45am—10:00am	Hatha Yoga All Levels (Gena)
	10:30am -11:45am	Gentle Yoga (Kat)
	6:00pm – 7:15pm	Yin/Restorative Yoga (Gena)
	7:00pm –8:15pm	Intro to Meditation IN-PERSON only @ 7225 Lincoln Ave.
Thursday	9:00am – 10:00am	Gentle Deep Stretch Yoga (Gena)
	6:00pm—7:15pm	Hatha Yoga All Levels (Andrea)
	8:00pm—8:45pm	Kirtan Meditation on Facebook Live (FREE) VIRTUAL ONLY
Friday	8:45am –10:00am	Hatha Yoga All Levels (Harsha)
	6:00pm—7:00pm	Free Yoga Fridays VIRTUAL ONLY , see website for teacher
Saturday	9:00am-10:15am	Hatha Yoga All Levels (Cheryl)
	11am –12:15pm	Intro to Meditation (FREE) IN-PERSON only @ 7225 Lincoln Ave.
	11am—12:15pm	Chi Gong All Levels (C.J)
Sunday	9:00am-10:15am	Slow Flow Hatha Yoga All Levels (Anatoly)
	11am—12:15pm	Intro to Meditation (FREE) IN-PERSON only @ 7225 Lincoln Ave.

P R I C I N G	Meditation and Kirtan	Free of Charge
	All other classes (Yoga, Chi Gong)	In-Studio Single Class Drop In: \$12 / \$10 Senior
		Virtual Single Class: \$10
		10 class pass: \$99 / \$85 Senior (Valid for In-Studio AND Virtual, Valid for 1 year)
		Monthly Unlimited: \$85 (Valid for In-Studio AND Virtual. Includes Video On-Demand Library.)
New Client Specials <small>(Includes In-Studio, Virtual & Vid Library)</small>	Option A: Two Weeks for \$19 / Option B: One Month for \$39	