

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 at 7225 Lincoln Ave.

Monday	8:45am—10:00am	Hatha Yoga All Levels (Andrea)
	10:30am – 11:45am	Gentle Yoga (Cheryl)
	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	Hatha Yoga All Levels (Andrea)
Wednesday	8:45am—10:00am	Hatha Yoga All Levels (Gena)
	10:30am – 11:45am	Gentle Yoga (Cheryl)
	6:00pm – 7:15pm	Yin/Restorative Yoga (Cheryl)
	7:00pm –8:15pm	Intro to Meditation IN-PERSON only @7225 Lincoln Ave.
Thursday	9:00am – 10:00am	Gentle, Deep Stretch Yoga (Gena)
	6:30pm—7:30pm	Slow Flow Hatha Yoga All Levels (Elise)
	7:00pm—8:00pm	Wisdom of Bhagavad-Gita IN-PERSON only @7225 Lincoln Ave.
Friday	8:45am –10:00am	Hatha Yoga All Levels (Harsha)
	6:30pm—8:30pm	Candlelight Kirtan IN-PERSON only @7225 Lincoln Ave.
Saturday	9:00am-10:15am	Hatha Yoga All Levels (Cheryl)
	11:00am –12:15pm	Chi Gong All Levels (CJ / Marilyn)
	11:00am—12:15pm	Intro to Meditation IN-PERSON only @7225 Lincoln Ave.
Sunday	9:00am-10:15am	Slow Flow Hatha Yoga All Levels (Anatoly)
	11:00am—12:15pm	Intro to Meditation IN-PERSON only @7225 Lincoln Ave.

P R I C I N G	Meditation and Kirtan	Free of Charge
		In-Studio Single Class Drop In: \$15 / \$13 Senior Virtual Single Class: \$10
	Yoga & Chi Gong Classes	10 class pass: \$115 / \$105 Senior (In-Studio AND Virtual, Valid for 1 year)
		Monthly Unlimited: \$115 / \$105 senior (In-Studio and Virtual + Video Library) VIRTUAL Monthly Unlimited: \$85 (Virtual classes only + Video Library)
	New Client Specials <small>(Includes In-Studio, Virtual & Vid Library)</small>	Option A: Two Weeks for \$19 / Option B: One Month for \$39