

LOTUS GARDEN Class Schedule



All classes are In-Studio only. Online pre-registration recommended, but drop-ins welcome.
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	Slow Flow Hatha Yoga All Levels (Gena)
	10:30am – 11:45am	Gentle Yoga (Kat)
	5:00pm—6:00pm	Slow Flow Hatha Yoga All Levels (Emiley)
	6:30pm – 7:15pm	Yin/Restorative Yoga (Cheryl)
	7:00pm –8:15pm	Intro to Meditation <i>Location: 7225 Lincoln Ave.</i>
Thursday	9:00am – 10:00am	Gentle, Deep Stretch Yoga (Gena)
	6:30pm—7:30pm	Slow Flow Hatha Yoga All Levels (Elise)
Friday	8:45am –10:00am	Hatha Yoga All Levels (Harsha)
	6:30pm—8:30pm	Candlelight Kirtan <i>Location: 7225 Lincoln Ave.</i>
Saturday	9:00am-10:15am	Slow Flow Hatha Yoga All Levels (Cheryl)
	11:00am –12:15pm	Chi Gong <i>Temporarily on hold, see website for updates</i>
	11:00am—12:15pm	Intro to Meditation <i>Location: 7225 Lincoln Ave.</i>
Sunday	9:00am-10:15am	Slow Flow Hatha Yoga All Levels (Anatoly)
	11:00am—12:15pm	Intro to Meditation <i>Location: 7225 Lincoln Ave.</i>
	4:30pm—5:30pm	Chen Tai Chi (Master William Bi)

P R I C I N G	Meditation and Kirtan	Free of Charge
	Yoga & Chi Gong Classes	Single Class: \$15 / \$13 Senior
		10 class pass: \$120 / \$110 Senior (Valid for 1 year)
		Monthly Unlimited: \$115 / \$105 senior (Includes Video On-Demand Library)
		Video On Demand (VOD) Only: Single Day \$10 / Monthly Unlimited \$39
New Client Specials <small>(Includes In-Studio, and VOD Library)</small>	Option A: Two Weeks for \$19 / Option B: One Month for \$39	

