

# 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.**

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

<b>P R I C I N G</b>	<b>Meditation and Kirtan</b>	Free of Charge
	<b>Yoga &amp; Chi Gong Classes</b>	In-Studio Single Class: \$15 / \$13 Senior Virtual Single Class: \$10
		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)
<b>New Client Specials</b> <small>(Includes In-Studio, Virtual &amp; Vid Library)</small>	Option A: Two Weeks for \$19 / Option B: One Month for \$39	