

# Dallas Yoga Center

## January ~ April 2012

### Monday

9:15 - 10:30 am	Vinyasa Beg - Level 1	Kay	Earth	Drop-in
12:00 - 1:15 pm	Vinyasa Mixed Levels	Lisa	Earth	Drop-in
12:00 - 1:15 pm	Yin Yoga	Tadd	Moon	Drop-in
6:00 - 7:15 pm	Vinyasa Mixed Levels	Lisa	Sun	Drop-in
6:00 - 7:30 pm	Yoga for Women	Jessica	Lotus	Drop-in
6:15 - 7:30 pm	Iyengar Beg - Level 1	Chris	Moon	Drop-in
6:15 - 7:30 pm	8 Wk Fundamental Lvl 1	Shelagh	Earth	3/5
7:30 - 9:00 pm	Ashtanga Basics	Jennifer	Sun	Drop-in
7:30 - 9:00 pm	Yin Yoga	Tadd	Moon	Drop-in

### Tuesday

7:30 - 8:30 am	Fundamentals Level 1-2	Carla	Earth	Drop-in
9:15 - 10:30 am	Iyengar Level 1-2	Paula	Earth	Drop-in
9:15 - 10:30 am	Vinyasa Mixed Levels	Nicole	Sun	Drop-in
12:00 - 1:15 pm	Fundamentals Beg-Lvl 1	Shelagh	Earth	Drop-in
12:00 - 1:00 pm	Ashtanga Basics	Jennifer	Sun	Drop-in
6:00 - 7:30 pm	Vinyasa Mixed Levels	Carla	Lotus	Drop-in
6:00 - 7:30 pm	Ashtanga Led Primary	Jeff	Sun	Drop-in
6:00 - 7:30 pm	8 Wk Therapeutic Yoga	Mary	Moon	3/13
6:15 - 7:30 pm	8 Wk Beginners Series	Shelagh	Earth	3/6
7:30 - 9:00 pm	Fundamentals Mixed Lvl	Susan	Earth	Drop-in
7:30 - 9:00 pm	Yin Vinyasa	Trey	Moon	Drop-in

### Wednesday

9:15 - 10:45 am	Vinyasa Beg - Level 1	Jessica	Earth	Drop-in
12:00 - 1:15 pm	Vinyasa Mixed Levels	Carla	Earth	Drop-in
12:00 - 1:15 pm	Yin Yoga	Tadd	Moon	Drop-in
6:00 - 7:30 pm	Soma Yoga	Carla	Moon	Drop-in
6:15 - 7:30 pm	Yin Vinyasa	Jessica	Sun	Drop-in
6:15 - 7:30 pm	8 Wk Beginner Series	Paula	Earth	3/14
6:15 - 7:30 pm	Iyengar Beg - Level 1	Chris	Lotus	Drop-in
7:30 - 9:00 pm	Ashtanga Basics	Jennifer	Sun	Drop-in
7:30 - 9:00 pm	Restorative All Levels	Chris	Moon	Drop-in

### Thursday

7:30 - 8:30 am	Fundamentals Level 1-2	Carla	Earth	Drop-in
9:15 - 10:30 am	Vinyasa Mixed Levels	Nicole	Earth	Drop-in
12:00 - 1:15 pm	Fundamentals Beg-Lvl 1	Carla	Earth	Drop-in
6:00 - 7:30 pm	8 Wk Fundamental Lvl 1	Shelagh	Earth	3/8
6:00 - 7:30 pm	Ashtanga Led Primary	Priya	Sun	Drop-in
6:00 - 7:30 pm	Yin Vinyasa	Lisa	Lotus	Drop-in
7:30 - 8:45 pm	8 Wk Beginner Series	Trey	Earth	3/8
7:30 - 9:00 pm	Fundamentals Mixed Lvl	Susan	Lotus	Drop-in

### Friday

9:15 - 10:45 am	Fundamentals Level 1-2	Carla	Earth	Drop-in
11:00 - 12:00 pm	Yoga for Parkinsons	Tatyana	Moon	Free
12:00 - 1:30 pm	Yoga Core	Chris	Earth	Drop-in
6:00 - 7:30 pm	Restorative All Levels	Chris	Moon	Drop-in

### Saturday

8:45 - 9:55 am	Fundamentals Level 1	Shelagh	Earth	Drop-in
9:00 - 10:30 am	Iyengar Level 2-3	Paula	Lotus	Drop-in
10:00 - 11:15 am	8 Wk Beginners Series	Shelagh	Earth	3/10
10:00 - 11:30 am	Soma Yoga	Carla	Moon	Drop-in
10:30 - 11:45 am	Vinyasa Mixed Levels	Lisa	Lotus	Drop-in
11:30 - 12:45 pm	Yin Vinyasa	Trey	Moon	Drop-in
12:00 - 1:30 pm	Yoga for Women	Jessica	Earth	Drop-in
12:00 - 1:15 pm	Yoga & Sound	Lisa	Lotus	Drop-in
12:45 - 2:00 pm	Pre Natal Yoga	Cheryl	Moon	Drop-in

### Sunday

9:00 - 10:15 am	8 Wk Meditation	Chris	Moon	3/11
9:00 - 10:15 am	Fundamentals Level 1	Mike	Sun	Drop-in
10:30 - 11:45 am	8 Wk Beginner Series	Lisa	Earth	3/11
10:30 - 12:00 pm	Ashtanga Mysore	Mike	Sun	Drop-in
12:00 - 1:15 pm	Yin Yoga	Tadd	Moon	Drop-in
12:00 - 1:15 pm	Vinyasa Mixed Levels	Lisa	Earth	Drop-in
1:30 - 3:00 pm	Restorative All Levels	Tadd	Earth	Drop-in

9:15 - 12:00 pm *Tibetan Meditation & Dharma Talk* Lama-La Lotus Donation