

February '09

Zen in the District

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	12:10-12:50 pm Yoga Light 5:30-6:30 pm Yoga I	Tuesday noon TBD 5:30-6:30 pm Yoga II	12:10-12:50 pm Yoga Light 5:30-7 pm Yoga III	12:15-12:45 pm Chair 5:30-6:30 pm Yoga I	5:30-6:30 pm Yoga	8-9 am Yoga
8	12:10-12:50 pm Yoga Light 5:30-6:30 pm Yoga I	Tuesday noon TBD 5:30-6:30 pm Yoga II	12:10-12:50 pm Yoga Light 5:30-7 pm Yoga III *	12:15-12:45 pm Chair 5:30-6:30 pm Yoga I	5:30-6:30 pm Yoga	8-9 am Yoga 9:30-11:30 Valentine's Day Partners Class
15	12:10-12:50 pm Yoga Light 5:30-6:30 pm Yoga I	Tuesday noon TBD 5:30-6:30 pm Yoga II	12:10-12:50 pm Yoga Light 5:30-7 pm Yoga III	12:15-12:45 pm Chair 5:30-6:30 pm Yoga I	5:30-6:30 pm Yoga	8-9 am Yoga
22	12:10-12:50 pm Yoga Light 5:30-6:30 pm Yoga I	Tuesday noon TBD 5:30-6:30 pm Yoga II	12:10-12:50 pm Yoga Light 5:30-7 pm Yoga III	12:15-12:45 pm Chair 5:30-6:30 pm Yoga I	5:30-6:30 pm Yoga	8-9 am Yoga
						* team teaching on second Wednesday

March

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	12:10-12:50 pm Yoga Light 5:30-6:30 pm Yoga I	12:10-12:50 pm Yoga on the Ball 5:30-6:30 pm Yoga II	12:10-12:50 pm Yoga Light 5:30-7 pm Yoga III	12:15-12:45 pm Chair 5:30-6:30 pm Yoga I	5:30-6:30 pm Yoga	8-9 am Yoga
8	12:10-12:50 pm Yoga Light 5:30-6:30 pm Yoga I	12:10-12:50 pm Yoga on the Ball 5:30-6:30 pm Yoga II	12:10-12:50 pm Yoga Light 5:30-7 pm Yoga III *	12:15-12:45 pm Chair 5:30-6:30 pm Yoga I	5:30-6:30 pm Yoga	8-9 am Yoga 9:30 - 11:30 am Yoga Nidra Workshop**
15	12:10-12:50 pm Yoga Light 5:30-6:30 pm Yoga I	12:10-12:50 pm Yoga on the Ball 5:30-6:30 pm Yoga II	12:10-12:50 pm Yoga Light 5:30-7 pm Yoga III	12:15-12:45 pm Chair 5:30-6:30 pm Yoga I	5:30-6:30 pm Yoga - Weight Management	8-9 am Yoga
22	12:10-12:50 pm Yoga Light 5:30-6:30 pm Yoga I	12:10-12:50 pm Yoga on the Ball 5:30-6:30 pm Yoga II	12:10-12:50 pm Yoga Light 5:30-7 pm Yoga III	12:15-12:45 pm Chair 5:30-6:30 pm Yoga I	5:30-6:30 pm Yoga	8-9 am Yoga
29	12:10-12:50 pm Yoga Light 5:30-6:30 pm Yoga I	12:10-12:50 pm Yoga on the Ball 5:30-6:30 pm Yoga II		* team teaching on second Wednesday	** Dorothy leads this workshop on her specialty of deeply medita- tive relaxation. Ask for details.	

Questions? Call 419.244.4zen (4936). Or visit www.zeninthedistrict.com