

March 2010

Zen in the District

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:10-12:50 pm Yoga Light 5:30-6:30 pm Yoga I 1	5:30-6:30 pm Yoga I I 2	12:10-12:50 pm Yoga Light 5:30-7 pm Yoga III 3	12:15-12:45 pm Chair 5:30-6:30 pm Yoga I 4	5:30-6:30 pm Yoga 5	8-9 am Yoga 6
7	12:10-12:50 pm Yoga Light 5:30-6:30 pm Yoga 8	5:30-6:30 pm Yoga I I 9	12:10-12:50 pm Yoga Light 5:30-7 pm Yoga III 10	12:15-12:45 pm Chair 5:30-6:30 pm Yoga I 11	5:30-6:30 pm Yoga 12	8-9 am Yoga 13
14	12:10-12:50 pm Yoga Light 5:30-6:30 pm Yoga 15	5:30-6:30 pm Yoga I I 16	12:10-12:50 pm Yoga Light 5:30-7 pm Yoga III 17	12:15-12:45 pm Chair 5:30-6:30 pm Yoga I 18	5:30-6:30 pm Yoga 19	8-9 am Yoga 9:30 - 11 am Ashtanga 20
21	12:10-12:50 pm Yoga Light 4:30 pm Sun Salutations 5:30-6:30 pm Yoga 22	5:30-6:30 pm Yoga I I 23	12:10-12:50 pm Yoga Light 5:30-7 pm Yoga III 24	12:15-12:45 pm Chair 5:30-6:30 pm Yoga I 25	5:30-6:30 pm Yoga 26	8-9 am Yoga 27
28	12:10-12:50 pm Yoga Light 5:30-6:30 pm Yoga 29	5:30-6:30 pm Yoga I I 30	12:10-12:50 pm Yoga Light 5:30-7 pm Yoga III 31	<p>► Monday, March 22, celebrate the equinox with 108 sun salutations with Michelle and Ann! (Free will donation).</p> <p>► Saturday, March 20 Ashtanga with Tracy Johnson (Please pre-register. Free will donation).</p>		

April

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Fun Fridays in April! No extra charge.</p>				12:15-12:45 pm Chair 5:30-6:30 pm Yoga I 1	5:30-6:30 pm Fun Friday Yoga Weights & Balls 2	8-9 am Yoga 3
4	12:10-12:50 pm Yoga Light 5:30-6:30 pm Yoga I 5	5:30-6:30 pm Yoga II 6	12:10-12:50 pm Yoga Light 5:30-7 pm Yoga III 7	12:15-12:45 pm Chair 5:30-6:30 pm Yoga I 8	5:30-6:30 pm Fun Friday Yoga Detox Flow 9	8-9 am Yoga 10
11	12:10-12:50 pm Yoga Light 5:30-6:30 pm Yoga I 12	5:30-6:30 pm Yoga I I 13	12:10-12:50 pm Yoga Light 5:30-7 pm Yoga III 14	12:15-12:45 pm Chair 5:30-6:30 pm Yoga I 15	5:30-6:30 pm Fun Friday Yoga Weight Control 16	8-9 am Yoga 17
18	12:10-12:50 pm Yoga Light 5:30-6:30 pm Yoga I 19	5:30-6:30 pm Yoga I I 20	12:10-12:50 pm Yoga Light 5:30-7 pm Yoga III 21	12:15-12:45 pm Chair 5:30-6:30 pm Yoga I 22	5:30-6:30 pm Fun Friday Yoga Iron Yoga 23	8-9 am Yoga 24
25	12:10-12:50 pm Yoga Light 5:30-6:30 pm Yoga I 26	5:30-6:30 pm Yoga I I 27	12:10-12:50 pm Yoga Light 5:30-7 pm Yoga III 28	12:15-12:45 pm Chair 5:30-6:30 pm Yoga I 29	5:30-6:30 pm Fun Friday Yoga Gentle Flow 30	

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