



May 2017		Drop-In Classes	Teacher
<b>Monday</b>	9:30 – 10:55 am	Level I/II	Kealoha/Saraswati Roshan/Ken
	9:30 – 10:55 am	Gentle Yoga	
	12:00 – 12:40 pm	Meditation	Jyothi/Jack Mukunda Angie/Amaran
	5:45 – 6:20 pm	Meditation	
	6:00 – 7:25 pm	Level I/II	
	6:15 – 7:45 pm <b>NEW</b>	Integral Yoga Flow–Mixed Level	
	7:30 – 9:00 pm	Restorative	
<b>Tuesday</b>	9:30 – 10:55 am	Level I/II	Shankara
	12:00 – 12:40 pm	Meditation	Susan Sumitra
	4:30 – 5:55 pm	Gentle Yoga	
	4:30 – 5:30 pm	Kids yoga	Priya/Padmasri
	4:30 – 5:30 pm	Level I - Community	
	5:45 – 6:20 pm	Meditation	
	6:00 – 7:30 pm <b>NEW</b>	Therapeutic Yoga-Moving into Stillness	
6:30 – 7:55 pm	Level I/II	Claudia Iswari	
<b>Wednesday</b>	7:30 – 8:30 am	Mixed Level \$14	Claudia
	9:30 – 11:00 am	Level I/II	Jaymie
	12:00 – 12:40 pm	Meditation	Jayadevi Sarani Sevika/Prashanti
	5:45 – 6:20 pm	Meditation	
	6:00 – 7:25 pm	Level I/II	
	6:00 – 7:30 pm	Prenatal Yoga	
	7:30 – 9:00 pm	Restorative Yoga	
<b>Thursday</b>	9:30 – 10:55 am	Level I - Community	Anjali
	9:30 – 11:00 am	Level II	Diana
	10:30 – 11:55 am	Gentle Yoga	Saraswati
	12:00 – 12:40 pm	Meditation	Uma/Katie Robert/Gautam
	5:45 – 6:20 pm	Guided Meditation	
	6:30 – 8:00 pm	Level I/II	
	8:00 – 8:45 pm	iRest Yoga Nidra	
<b>Friday</b>	7:30 – 8:30 am	Mixed Level \$14	
	9:30 – 10:55 am	Level I	Bhavani
	9:30 – 11:00 am	Integral Yoga Flow II	Atman
	12:00 – 12:40 pm	Meditation	Paola Muktidevi
	6:00 – 7:25 pm	Relax & Restore	
	6:00 – 7:25 pm	Level I/II	
<b>Saturday</b>	8:00 – 9:25 am	Level II	Asha/Lolo
	9:30 – 10:55 am	Level I/II	Mukunda
	9:45 – 11:15 am	Level II	Tara
	10:00 – 11:30 am 5/6, 5/20	Yin Yoga	Megan
	11:15 am – 12:45 pm	Level I	Mitra
	11:30 am – 1:30 pm 5/13	From the Inside Out: Advanced Practice	Swami Arivananda
<b>Sunday</b>	9:30 – 10:55 am	Level I	David
	9:30 – 11:15 am	Level II	Nalani/Surya
	11:15 am – 12:45 pm	Level I - Community Class	Sumukhi/Megan

<b>Class fee:</b>	• <b>\$99 monthly unlimited classes</b> (with automatic payment)	• <b>\$140 ten class card</b> (3 month expiration)
• <b>\$16 drop in</b>	• <b>\$60 for 5 classes per month</b> (with automatic payment)	• <b>\$140 monthly unlimited</b> (without automatic payment)
• <b>\$14 one-hour class</b>		
• <b>\$11 senior/student/disability</b>		

Location: 770 Dolores Street, San Francisco, CA 94110 Register Online: <https://clients.mindbodyonline.com>  
 Phone: 415-821-1117 Website: <http://www.integralyogasf.org>  
 Email: [mail@integralyogasf.org](mailto:mail@integralyogasf.org)

A non-profit organization dedicated to serving the community through living and sharing the classical teachings of yoga.

## May 2017 Events & Workshops

**Closed Monday May 29th | Memorial Day**

**Parent/Baby Yoga**  
w/ **Sarani Fedmam**

**Tuesdays, May 2, 9, 16 & 23**  
11:00am-12:15pm, \$16 each

**Removing Clutter: Body & Mind**  
w/ **Swami Divyananda**

**Tuesday, May 2**  
6:00-7:30pm, \$20

**Satsang: Practical Points of Jnana Yoga**  
w/ **Swami Divyananda**

**Sunday, May 6**  
11:00-11:45am, \$20 per family

**Family Yoga**  
**Vanessa Orr**

**Sunday, May 7**  
11:00 - 11:45 am \$20/family

**Therapeutic Yoga & Sound Healing**  
w/ **Claudia Bartsch & Minna Sivola**

**Sunday, May 7**  
4:30-6:30pm, \$30

**Kirtan to the Divine Mother**  
w/ **Mirabai & Friends Kirtan Band**

**Saturday, May 13**  
7:00-8:30pm, \$20

**Awakening the Inner Light | A two-part series**  
w/ **Swami Ramananda**

**Part 1:** The Basics of Meditation for Beginners  
**Monday, May 15 | 6:30 – 8:00pm**  
**Part 2:** Going Deeper for Experienced Practitioners  
**Thursday, June 22 | 6:30 – 8:00pm**

**Satsang: The Roots of Suffering and the Way to Freedom** w/ **Swami Arivananda**

**Saturday, May 20, 6:00-7:30pm**

**Kirtan – Ajaya and Eternity Road**

**Saturday, May 27, 7:00-8:30pm, \$20**

## TEACHER TRAINING Schedule

Jun 11-17	<b>Beach Camping Yoga Vacation in Kauai, Hawaii</b>	<b>Swami Ramananda &amp; Rev. Jivana Heyman</b>
Jul 12-16	<b>Yoga for Arthritis Level 1</b>	<b>Steffany Moonaz, PhD.</b>
<b>Level 1</b> Aug 1-6 <b>Level 2</b> Aug 10-15	<b>Therapeutic Yoga Training Level 1 &amp; Level 2</b>	<b>Cheri Clampett &amp; Arturo Peal</b>
Sept 18- Nov 20	<b>Raja Yoga Training</b>	<b>Swami Ramananda &amp; Swami Vimalananda</b>
Sep 12- Dec 12	<b>200-hour Yoga Teacher Training</b>	<b>Swami Ramananda, Swami Arivananda &amp; Diana Meltsner</b>



Please ask about joining us for lunch