



| September 2017 | | Drop-In Classes | Teacher |
|-------------------------|--------------------------|--|--|
| Monday | 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/Padma Sri Uma Mukunda Angie/Amaran |
| | 5:45 – 6:20 pm | Meditation | |
| | 6:00 – 7:25 pm | Level I/II | |
| | 6:00 – 7:25 pm 9/11 | Transform Your Life with Meditation | |
| | 6:00 – 7:25 pm | Integral Yoga Flow–Mixed Level | |
| | 7:30 – 9:00 pm | Restorative | |
| CLOSED LABOR DAY | | MONDAY 9/4 | |
| Tuesday | 9:30 – 10:55 am | Level I/II | Shankar |
| | 12:00 – 12:40 pm | Meditation | Susan |
| | 4:30 – 5:55 pm | Gentle Yoga | |
| | 5:45 – 6:20 pm | Meditation | Diana Iswari/Marilyn |
| | 6:00 – 7:30 pm | Therapeutic Yoga-Moving into Stillness | |
| | 6:30 – 7:55 pm | Level I/II | |
| Wednesday | 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 Prashanti/Paola |
| | 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 | | |
| | | | |
| Thursday | 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 | Katie/Priya 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 | |
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| Friday | 7:30 – 8:30 am | Mixed Level \$14 | Swami Ramananda |
| | 9:30 – 10:55 am | Level I | Bhavani |
| | 9:30 – 11:00 am | Integral Yoga Flow II | Atman |
| | 11:30 am – 12:45 pm 9/22 | Guru Puja | Arivananda |
| | 12:00 – 12:40 pm | Meditation | Sevika Muktidevi |
| | 6:00 – 7:25 pm | Relax & Restore | |
| | 6:00 – 7:25 pm | Level I/II | |
| Saturday | 8:00 – 9:25 am | Level II | Asha/Lolo |
| | 9:30 – 10:55 am | Level I/II | Mukunda |
| | 9:35 – 11:05 am | Level II | Amira |
| | 11:15 am – 12:45 pm | Level I | Mitra |
| Sunday | 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 | Citra |

*****September Special, 2 weeks unlimited classes \$30*** New Students**

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

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

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

September 2017 Workshops

Advanced Hatha Workshop
Swami Arivananda

Thursday Sept 7
6:00 pm - 7:45pm

Yoga for Grief Relief
Antonio Sausys

Saturday September 9
1:30 - 5:30 pm
\$65 or early bird \$50 by 8/9

Satsang: Celebrating Sivananda
Jayanthi Swami Sivasankariananda

Saturday, September 9
6:00 - 7:30 pm By Donation

Family Yoga
Annie Pearson

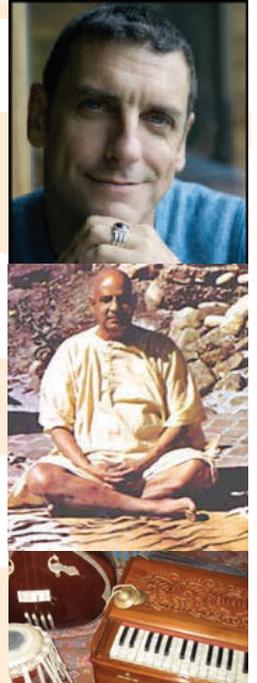
Sunday, September 10
11:00 - 11:45 am \$20 per family

Therapeutic Yoga & Sound Healing
Claudia Bartsch & Citra Canada

Sunday, September 10
4:30 - 6:30 pm \$30

Kirtan
Swami Ramananda and
Swami Arivananda

Saturday, September 16
7:00 - 8:30 pm By Donation



Ask about our Work Exchange opportunities?

Navaratri Celebration
9 Nights:
Thurs. Sept. 21 - 30

Thu Sept. 21: Durga Puja 6:00 - 7:30 pm
Fri. Sept. 22: Durga Puja 11:30 am-12:45 pm
Sat. Sept. 23: Durga Puja/Satsang 6:00 - 7:30 pm
Sun. Sept. 24: Lakshmi Puja 11:30 am -12:45 pm
Wed. Sept. 27: Saraswati Puja 6:00 - 7:30 pm
Sat. Sept. 30: Vijaya Dasami Celebration

The Power and Promise of Energy
Medicine Yoga Lauren Walker

Tuesday September 26
6:00 - 8:00 pm \$25

Vijaya Dasami Celebration

Saturday, September 30
7:00 - 8:30 pm By donation



TEACHER TRAINING Schedule 2017

September 12 -
December 12

RYT 200-Hour Basic Yoga
Teacher Training (Hatha I)

Swami Ramananda,
Swami Arivananda
& Diana Meltsner

September 18 -
November 20

Raja Yoga Teacher Training

Swami Ramananda,
Swami Vimalananda,
& Kamala Itzel Berrio

Join us for lunch!