

October 2017 Workshops & Events

Family Yoga
Annie Pearson

Sunday, October 1
11:00 - 11:45 am \$20 per family



Satsang: Embracing Unity in Diversity: Yoga as Spiritual Activism
Swami Ramananda, Kamala Berrio, Mukunda Morozumi and Linda Natara

Saturday, October 7
3:30 - 5:00 pm

Location:
Accessible Yoga Conference
City College of San Francisco
Mission Center Room
1125 Valencia Street

Therapeutic Yoga & Sound Healing
Claudia Bartsch & Citra

Sunday, October 8
4:30 - 6:30 pm \$30

The Path of Bhakti Yoga
Swami Arivananda

Wednesday October 11
6:30 - 8:30 pm \$20

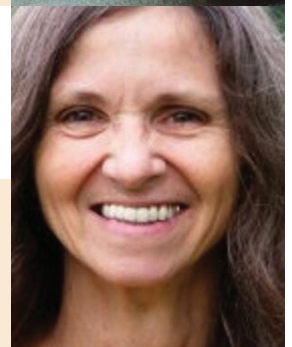


Kirtan
Mirabai & Friends Kirtan Band

Saturday, October 14
7:00 - 8:30 pm \$20

Satsang: Love Knows No Bounds
Swami Priyaananda

Saturday, October 21
6:00 - 7:30 pm By Donation



Kirtan
Ajaya and Eternity Road

Saturday, October 28
7:00 - 8:30 pm \$20

2018 TEACHER TRAINING Schedule

February 24 - 25, 2018 **Kidding Around Yoga** **Haris Lender**

February 28 - May 9, 2018 **2018 Intermediate Yoga Teacher Training** **Swami Ramananda, Swami Arivananda & Lalita Dagney**

March 17 - 18, 2018 **Healing with the Chakras** **Nischala Joy Devi**



For more information and online registration, please visit our website.

Ask about joining us for lunch!



October 2017		Drop-In Classes	Teacher
Monday	9:30 – 10:55 am	Level I/II	Kealoha/Saraswati Susan
	9:30 – 10:55 am	Gentle Yoga	
	12:00 – 12:40 pm	Meditation	Jyothi Uma Mukunda Angie/Amaran
	5:45 – 6:20 pm	Meditation	
	6:00 – 7:25 pm	Level I/II	
	6:00 – 7:25 pm 10/2	Transform Your Life with Meditation	
	6:00 – 7:25 pm	Integral Yoga Flow–Mixed Level	
	7:30 – 9:00 pm	Restorative	
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	
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 Robert/Gautam
	5:45 – 6:20 pm	Guided Meditation	
	5:45 – 6:20 pm 10/5	Full Moon Chanting	
	6:30 – 8:00 pm	Level I/II	
	8:00 – 8:45 pm	iRest Yoga Nidra	
Friday	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	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
	9:45 – 11:15 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/Ashoka
	11:15 am – 12:45 pm	Level I - Community Class	Citra
	11:30 am – 12:45 pm 10/22	Guru Puja	Arivananda
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
 Phone: 415-821-1117
 Email: mail@integralyogasf.org

Register Online: <https://clients.mindbodyonline.com>
 Website: <http://www.integralyogasf.org>

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