

## 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, & Linda Natera**

**Saturday, October 7, 3:30 - 5:00 pm**  
**City College of San Francisco**  
**Mission Center Room**  
**1125 Valencia Street** By Donation



**Therapeutic Yoga & Sound Healing**  
**Claudia Bartsch & Citra**

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

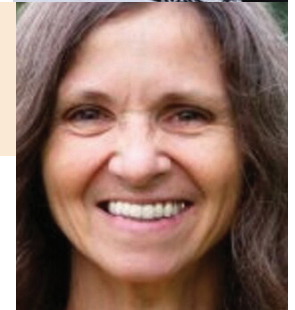


**Healing the Five Levels of Being**  
**Swami Ramananda**

**Thursdays, Oct 12 & Oct 19th**  
6:30 - 8:00pm, \$20 per session

**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

**Navigating Oceans of Change**  
**Richard Miller**

**Thursday October 26**  
7:00 pm-8:45  
Cost \$30 Early Bird by Oct.7th \$25



**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
<b>Monday</b>	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		
<b>Tuesday</b>	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	
<b>Wednesday</b>	7:30 – 8:30 am	Mixed Level \$14	Claudia Jaymie
	9:30 – 11:00 am	Level I/II	
	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		
<b>Thursday</b>	9:30 – 10:55 am	Level I - Community	Anjali Diana Saraswati
	9:30 – 11:00 am	Level II	
	10:30 – 11:55 am	Gentle Yoga	
	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	
<b>Friday</b>	7:30 – 8:30 am	Mixed Level \$14	Swami Ramananda Bhavani Atman
	9:30 – 10:55 am	Level I	
	9:30 – 11:00 am	Integral Yoga Flow II	
	12:00 – 12:40 pm	Meditation	Sevika 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 Mukunda Amira Mitra
	9:30 – 10:55 am	Level I/II	
	9:45 – 11:15 am	Level II	
	11:15 am – 12:45 pm	Level I	
<b>Sunday</b>	9:30 – 10:55 am	Level I	David Nalani/Ashoka Citra Arivananda
	9:30 – 11:15 am	Level II	
	11:15 am – 12:45 pm	Level I - Community Class	
	11:30 am – 12:45 pm 10/22	Guru Puja	
<b>Class fee:</b>	• \$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.