



November 2017		Drop-In Classes	Teacher
<b>Monday</b>	9:30 – 10:55 am	<b>Level I/II</b>	Kealoha/Saraswati Roshan/Susan
	9:30 – 10:55 am	<b>Gentle Yoga</b>	
	12:00 – 12:40 pm	<b>Meditation</b>	
	5:45 – 6:20 pm	<b>Meditation</b>	
	6:00 – 7:25 pm	<b>Level I/II</b>	Jyothi/Padma Sri Uma
	6:00 – 7:25 pm 11/13	<b>Transform Your Life with Meditation</b>	
	6:00 – 7:25 pm	<b>Integral Yoga Flow–Mixed Level</b>	
7:30 – 9:00 pm	<b>Restorative</b>	Angie/Amaran	
<b>Tuesday</b>	9:30 – 10:55 am	<b>Level I/II</b>	Shankar
	12:00 – 12:40 pm	<b>Meditation</b>	
	4:30 – 5:55 pm	<b>Gentle Yoga</b>	Susan
	5:45 – 6:20 pm	<b>Meditation</b>	
	6:00 – 7:30 pm	<b>Therapeutic Yoga-Moving into Stillness</b>	Diana
	6:30 – 7:55 pm	<b>Level I/II</b>	Iswari/Marilyn
<b>Wednesday</b>	7:30 – 8:30 am	<b>Mixed Level \$14</b>	Claudia
	9:30 – 11:00 am	<b>Level I/II</b>	Jaymie
	11:30 am – 12:45 pm 11/22	<b>Guru Puja</b>	Arivananda
	12:00 – 12:40 pm	<b>Meditation</b>	
	5:45 – 6:20 pm	<b>Meditation</b>	
	6:00 – 7:25 pm	<b>Level I/II</b>	Jayadevi
	6:00 – 7:30 pm	<b>Prenatal Yoga</b>	Sarani
7:30 – 9:00 pm	<b>Restorative Yoga</b>	Prashanti/Paola	
<b>Thursday</b>	9:30 – 10:55 am	<b>Level I - Community</b>	Anjali
	9:30 – 11:00 am	<b>Level II</b>	Diana
	10:30 – 11:55 am	<b>Gentle Yoga</b>	Saraswati
	12:00 – 12:40 pm	<b>Meditation</b>	
	5:45 – 6:20 pm	<b>Guided Meditation</b>	
	6:30 – 8:00 pm	<b>Level I/II</b>	Katie/ Priya
	8:00 – 8:45 pm	<b>iRest Yoga Nidra</b>	Robert/Gautam
<b>Friday</b>	7:30 – 8:30 am	<b>Mixed Level \$14</b>	Swami Ramananda
	9:30 – 10:55 am	<b>Level I</b>	Bhavani
	9:30 – 11:00 am	<b>Integral Yoga Flow II</b>	Atman
	12:00 – 12:40 pm	<b>Meditation</b>	
	6:00 – 7:25 pm	<b>Relax &amp; Restore</b>	Sevika
	6:00 – 7:25 pm	<b>Level I/II</b>	Muktidevi
<b>Saturday</b>	8:00 – 9:25 am	<b>Level II</b>	Asha/Lolo
	9:30 – 10:55 am	<b>Level I/II</b>	Mukunda
	9:45 – 11:05 am	<b>Level II</b>	Swami Arivananda
	11:15 am – 12:45 pm	<b>Level I</b>	Mitra
	12:00 – 12:45 pm 11/4	<b>Full Moon Chanting</b>	Swami Arivananda
<b>Sunday</b>	9:30 – 10:55 am	<b>Level I</b>	David
	9:30 – 11:15 am	<b>Level II</b>	Nalani/Ashoka
	11:15 am – 12:45 pm	<b>Yin Yoga NEW CLASS</b>	Violeta Krasnic

**Class fee:**

• \$16 drop in

• \$14 one-hour class

• \$11 senior/student/disability

• \$99 monthly unlimited classes  
(with automatic payment)

• \$60 for 5 classes per month  
(with automatic payment)

• \$140 ten class card  
(3 month expiration)

• \$140 monthly unlimited  
(without automatic payment)

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.



## November 2017 Workshops & Events

<p><b>Deep Listening and the Power of Sound Workshop</b> <b>Citra</b></p>	<p><b>Wednesday November 1</b> 6:30 - 8:00 pm \$20</p>	
<p><b>Satsang: Eye of the Storm</b> <b>Swami Vimalananda</b></p>	<p><b>Saturday November 4</b> 6:00 - 7:30 pm By Donation</p>	
<p><b>Therapeutic Yoga &amp; Sound Healing</b> <b>Claudia Bartsch &amp; Minna Sivola</b></p>	<p><b>Sunday, November 5</b> 4:30 - 6:30 pm \$30</p>	
<p><b>Freeing Ourselves from the Past: How Yoga Transforms</b> <b>Swami Ramananda</b></p>	<p><b>Thursday, Nov 9 and 16,</b> 6:30 - 8:00 pm \$20 each or 2 for \$35</p>	
<p><b>The Resilience Advantage™</b> An experiential workshop from HeartMath® Practical Skills to Enhance Well-Being and Joy <b>Jaymie Meyer</b></p>	<p><b>Saturday, November 11</b> 10:00 am - 1:00 pm \$40</p>	
<p><b>Kirtan</b> <b>Astrud &amp; Cosmic Kirtan Band</b></p>	<p><b>Saturday, November 11</b> 7:00 - 8:30 pm \$20</p>	
<p><b>Embodied Mindfulness: An Integration of Mindfulness, Meditation and Yoga Practices</b> <b>Jill Satterfield</b></p>	<p><b>Saturday November 18</b> 1:30 - 4:30 pm \$75 Active IYI Teachers \$65</p>	
<p><b>Living with a Saint: Stories from Life with Sri Swami Satchidananda</b> <b>Vijay Hassin, Sita Bordow &amp; Rishi Schweig</b></p>	<p><b>Saturday November 18</b> 6:00 - 7:30 pm By Donation</p>	
<p><b>Thanksgiving Puja &amp; Potluck</b></p>	<p><b>Thursday, November 23</b> 11:30 am - 2:00 pm</p>	

## TEACHER TRAINING Schedule

Feb 24 & 25, 2018	<b>Kidding Around Yoga</b>	<b>Haris Lender</b>	
Feb 28 - May 9, 2018	<b>2018 Intermediate Yoga Teacher Training</b>	<b>Swami Ramananda, Swami Arivananda &amp; Lalita Dagney</b>	
March 17 - 18, 2018	<b>Healing with the Chakras</b>	<b>Nischala Joy Devi</b>	

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

Ask about joining us for lunch!