



January 2018		Drop-In Classes	Teacher
Monday	9:30 – 10:55 am	Level I/II	Kealoha/Saraswati
	9:30 – 10:55 am	Gentle Yoga	Roshan/Susan
	11:30 am – 12:45 pm 1/22	Guru Puja	Arivananda
	12:00 – 12:35 pm 1/1	Full Moon Gayatri Chanting	
	12:00 – 12:40 pm	Meditation	
	5:45 – 6:20 pm	Meditation	
	6:30 – 7:25 pm	Community	TBA
	6:00 – 7:25 pm 1/8	Transform Your Life with Meditation	Uma
	6:00 – 7:25 pm	Integral Yoga Flow–Mixed Level	Mukunda
7:30 – 9:00 pm	Restorative	Angie/Amaran	
Tuesday	9:30 – 10:55 am	Level I/II	Shankar
	12:00 – 12:40 pm	Meditation	
	4:30 – 5:55 pm	Gentle Yoga	Susan
	5:45 – 6:20 pm	Meditation	
	6:00 – 7:30 pm	Therapeutic Yoga-Moving into Stillness	Diana
	6:30 – 7:55 pm	Level I/II	Marilyn /Jyothi
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	
	5:45 – 6:20 pm	Meditation	
	6:00 – 7:25 pm	Level I/II	Jayadevi/Padmasri
	6:00 – 7:30 pm	Prenatal Yoga	Sarani
7:30 – 9:00 pm	Restorative Yoga	Prashanti/Paola	
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	
	5:45 – 6:20 pm	Guided Meditation	
	6:30 – 8:00 pm	Level I/II	Priya/Katie
	8:00 – 8:45 pm	iRest Yoga Nidra	Robert/Gautam
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
	12:00 – 12:40 pm	Meditation	
	6:00 – 7:25 pm	Relax & Restore	Sevika
	6:00 – 7:25 pm	Level I/II	Muktidevi
Saturday	8:00 – 9:25 am	Level II	Asha/Lolo
	9:30 – 10:55 am	Level I/II	Mukunda
	9:45 – 11:05 am	Level II	Arivananda
	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/Asoka
	11:15 am – 12:45 pm	Yin Yoga	Violeta Krasnic

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.

January 2018 Workshops & Events

Satsang: Kriya Yoga—the Heart and Soul of Yoga Swami Ramananda & Swami Arivananda	Saturday, January 6 6:00 - 7:30 pm By Donation	
Family Yoga Annie Pearson	Sunday, January 7 11:00 - 11:45 \$20 per family	
Therapeutic Yoga & Sound Healing Claudia Bartsch & Anne Angelone	Sunday, January 7 4:30 - 6:30 pm \$30	
Starting the New Year Saluting the Inner Sun: 108 Sun Salutations Swami Arivananda	Wednesday January 10 6:30 - 8:00 pm By Donation	
IYI Kirtan	Saturday, January 13 7:00 - 8:30 pm By donation	
Spring TT Open House	Sunday, January 14 11:30 am - 1:00 pm FREE	
Living with an Open Heart: Envisioning your Personal Path Swami Ramananda	Thursday January 18 6:30 - 8:00 pm \$20	
Satsang: Yama & Niyamas—Healthy Root system for Spiritual Growth Swami Ramananda	Saturday January 20 6:00 - 7:30 pm By Donation	
7 Master Keys to Greater Happiness Mitra Somerville	Thursday January 25 6:30 - 8:00 pm \$20	
IYI Kirtan	Saturday, January 27 7:00 - 8:30 pm \$20	

TEACHER TRAINING Schedule 2018

Feb 11- July 29	200-Hour Basic Teacher Training	Swami Ramananda, Swami Arivananda & Diana Meltsner	
February 24 – 25	Kidding Around Yoga	Haris Lender	
Feb 27 - May 10,	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!