

Dharma Studio JULY 2010

your friendly neighborhood yoga sanctuary

monday	tuesday	wednesday	thursday	friday	saturday	sunday
	<u>9-10.15a</u> NEW Yoga Lowdown Natalie (all levels)			<u>9-10.15a</u> NEW Vinyasa Loree (level 2-3)	<u>9-10.15a</u> Vinyasa Debra Lee (all levels)	<u>9-10.30a</u> Skanda Yoga Heather (all levels)
<u>10.30-11.45a</u> Vinyasa Loree (level 2-3)	<u>10.30-11.45a</u> NEW Anusara® Christy Nones (all levels)	<u>10.30-11.45a</u> Stretchy Yoga Loree (level 1)	<u>10.30-11.45a</u> NEW Anusara® Christy Nones (all levels)	<u>10.30-11.45a</u> Yoga Flow Brandi (all levels)	<u>10.30a-12</u> Funyasa™ Natalie (level 2-3)	<u>11a-12.30</u> Anusara® Peter Barber (all levels)
<u>12-1.15p</u> NEW Stretchy Yoga: Loree (level 1)	<u>12-1.15p</u> Mamaste™ Pre-Natal Vanessa	<u>12-1.15p</u> Skanda Yoga Heather (all levels)	<u>12-1.15p</u> NEW Stretchy Yoga: Loree (level 1)	<u>12-1.15p</u> Mamaste™ Pre-Natal Vanessa	<u>12.30-2p</u> Anusara- Inspired® Jason (all levels)	
<u>6-7.30p</u> Funyasa™ Natalie (all levels)	<u>6-7.30p</u> Beginners Anusara® Jason (level 1)	<u>6-7.30p</u> Funyasa™ Natalie (all levels)	<u>6-7.30p</u> Anusara- Inspired® Jason (all levels)			<u>6-7.15p</u> Gentle Yoga Loree (level 1)
<u>7.45-9p (\$9)</u> Meditation Kelsang Norbu	<u>7.45-9p</u> TriYoga® Dashi Kocica (level 1)	<u>7.45-9p</u> Yin Yoga Deborah (level 1)	<u>7.45-9p</u> Yoga Nidra Natalie (all levels)	dharmaastudio.com 3170 Commodore Plaza Coconut Grove, FL 33133 305.461.1777		