



YOGA SANTA FE

kundalini yoga & meditation

CLASS SCHEDULE

MONDAY

9:00 - 10:15 a.m.

4:30 - 5:45 p.m.

6:00 - 7:15 p.m.

Yoga for Healing

Kundalini Yoga

Kundalini Rising

Dr. Kartar

Dr. Guruchander

Kirn

TUESDAY

9:00 - 10:15 a.m.

11:30-1:00 p.m.

6:00 - 7:30 p.m.

The Eight Talents

Power to Transform**

Kundalini Yoga

Aad Sach (Frankie)

Manavdeep Kaur

Guru Dev Kaur

WEDNESDAY

5:30 - 7:30 a.m.

9:00 - 10:15 a.m.

4:30 - 5:45 p.m.

6:00 - 7:15 p.m.

SADHANA

Yoga for Healing

Kundalini Yoga

Kundalini Rising

Amar (Tom Boomer)

Dr. Kartar

Dr. Guruchander

Kirn

THURSDAY

9:00 - 10:15 a.m.

4:30 - 5:45 p.m.

6:00 - 7:15 p.m.

Yoga for Relaxation

Yoga in French & English

Kundalini Blessings

Aad Sach (Frankie)

Sat Kartar Kaur

Gurudarshan Kaur

FRIDAY

9:00 - 10:15 a.m.

6:00 - 7:30 p.m.

Back to Basics

Kundalini Yoga

Hari Kartar (Colleen)

Livsaran(Rebecca Cohen)

SATURDAY

9:00 - 10:15 a.m.

The Grateful Way

Ramleen Kaur

SUNDAY

5:30 - 7:30 a.m.

9:00 - 10:15 a.m.

SADHANA

Kundalini Yoga

Dr. Guruchander

Dr. Guruchander*

Miracle Mantra Sadhana: Sept. 18, Oct. 16, Nov. 20, Dec. 18, Jan. 15

Full Moon Meditations: Sept. 12, Oct. 11, Nov. 10, Dec. 10, Jan. 9

Art & Yoga with Gurudev Kaur/Sundays 1-3pm:

10/2, 10/9, 10/16, 10/23, 10/30, 11/6

**Students MUST come to the Power to Transform classes on Tuesdays fragrance free, as this class addresses chronic illness and chemical sensitivities.

Closed: November 24th, January 1

Single Class - \$13

5 Class Pass - \$60 • 10 Class Pass - \$100

4 Week Unlimited - \$120 • 6 Month Unlimited - \$600

Annual Unlimited - \$995