



# YOGA SANTA FE

kundalini yoga & meditation

## CLASS SCHEDULE SUMMER 2010

### MONDAY

9:00 - 10:15 a.m.

4:30 - 5:45 p.m.

6:00 - 7:15 p.m.

Body Temple  
YOUthFUL Yoga  
Kundalini Rising

Jugat Joti (Crista Hope)  
Liv Saran (Rebecca Cohen)  
Kirn

### TUESDAY

9:00 - 10:15 a.m.

6:00 - 7:30 p.m.

Yoga for Stress Relief  
Kundalini Yoga

Aad Sach (Frankie)  
Gurudev

### 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 Cleansing  
Kundalini Yoga  
Kundalini Rising

Hari Kartar  
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  
Back to Basics

Aad Sach (Frankie)  
Sat Kartar Kaur  
Hari Kartar

### FRIDAY

9:00 - 10:15 a.m.

Body Temple

Jugat Joti (Crista Hope)

### SATURDAY

9:00 - 10:15 a.m.

Yoga for Rejuvenation

Sat Nirmal (Alexis)

### SUNDAY

5:30 - 7:30 a.m.

9:00 - 10:15 a.m.

SADHANA  
Kundalini Yoga

Dr. Guruchander  
Dr. Guruchander\*  
\*Gurudev Kaur-Primary Sub

***Closed: May 31st, June 22,23, 24 (Solstice), July 4th, Sept. 6th***

### Class Fees:

Single Class - \$13

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

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

Annual Unlimited - \$995