

# SHANTI NAAM YOGA STUDIO

## WEEKLY SCHEDULE

Shanti Naam (*Peaceful Being*) 2881 Castro Valley Blvd. Suite 2 • Castro Valley, CA 94546 • (415) 730-4520 • [www.shantinaamyoga.com](http://www.shantinaamyoga.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9:30 AM</b> Kundalini Yoga & Meditation w/Sarahi	<b>9:30 AM</b> Kundalini Yoga & Meditation w/Sabine	<b>9:30 AM</b> Kundalini Yoga & Meditation w/Sabine	<b>9:30 AM</b> Kundalini Yoga & Meditation w/Ram Kirin	<b>9:30 AM</b> Kundalini Yoga & Meditation w/Siri Kirtan	<b>9:00 AM</b> Kundalini Yoga & Meditation w/Mahanpal	<b>10:00 AM</b> Sunrise Class Rotating Teachers
<b>5:00 PM</b> Breathe/Stretch & Meditate w/Dev Avtar	<b>5:00 PM</b> Alignment based Yoga w/Michelle	<b>5:00 PM</b> Breathe/Stretch & Meditate w/Dev Avtar	<b>5:00 PM</b> Kundalini Yoga & Meditation w/Siri Kirtan	<b>5:00 PM</b> Kundalini Yoga & Meditation w/Jasprit		
<b>6:30 PM</b> Kundalini Yoga & Meditation w/Jasprit	<b>6:30 PM</b> Kundalini Yoga & Meditation w/Melanie	<b>6:30 PM</b> Kundalini Yoga & Meditation w/Ram Kirin	<b>6:30 PM</b> Flow & Relaxation w/Amanda			