

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 Happy New Year</b>  <b>8, 15, 22, 29</b>  <b>Prenatal Yoga</b> Nicki Anahata 4:30-5:30 PM  <b>Kundalini Yoga &amp; Meditation</b> Nicki Anahata 6:15-7:30 PM	<b>2</b> <b>AromaYoga</b> <b>All Levels</b> Meghan Cole 6:15-7:45 PM  <b>9</b> <b>AromaYoga</b> <b>All Levels</b> Meghan Cole 6:15-7:45 PM	<b>3, 10, 17, 24, 31</b>  <b>Kundalini Yoga</b> <b>Wake-Up Call</b> Nicki Anahata 6:30-7:45 AM  <b>Gentle Yoga</b> <b>For Adults</b> Nicki Anahata 10:30-11:30 AM  <b>Beginners Level</b> <b>Kundalini Yoga</b> <b>&amp; Meditation</b> Nicki Anahata 6:15-7:30 PM	<b>4, 11, 18, 25</b>  <b>Beginners Level</b> <b>Kundalini Yoga</b> <b>&amp; Meditation</b> Nicki Anahata 9:30 - 10:30 AM  <b>Mantra Class</b> Meghan Cole 5:30 -6 PM (free-will offering)  <b>Vinyasa Flow</b> <b>All Levels</b> Meghan Cole 6:15 - 7:45 PM	<b>5, 12, 19, 26</b>  <b>Kundalini Yoga</b> <b>Wake-Up Call</b> Nicki Anahata 6:30-7:45 AM  <b>12</b> <b>Australian</b> <b>Didgeridoo</b> <b>Workshop</b> Phil Jones 7 - 9:30 PM	<b>6</b>    <b>13</b> <b>Introduction to</b> <b>Kundalini Yoga</b> <b>Workshop</b> Nicki Anahata 10:30 AM -12:30 PM  <b>20</b>    <b>27</b>
<b>7</b>		<b>16</b> <b>AromaYoga</b> <b>All Levels</b> Meghan Cole 6:15-7:45 PM				
<b>14</b> <b>Peace Prayer Day</b> "Be the Dream" 11:30 AM - 2 PM	<b>22, 29</b> <b>New class!</b> <b>Jan. 22-Mar. 26</b> <b>All About Music</b> <b>and Kids</b> Sherri Almeida 11:15 AM – 12 PM 12:15 – 1 PM 1:15 – 2 PM	<b>23</b> <b>AromaYoga</b> <b>All Levels</b> Meghan Cole 6:15-7:45 PM				
<b>21</b>		<b>30</b> <b>No Class</b>				
<b>28</b>				To Prepare for Class: Dress in loose, comfortable clothing conducive to movement & do not wear any perfumes or heavy jewelry. Yoga students please bring something to sit on (mat, towel, etc.)		