

WINTER & SPRING 2012

January 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 NEW YEARS DAY <i>Closed</i>	2 10a Hatha Yoga 4:30p Hatha Yoga 6p Hatha Yoga 6p Vinyasa Yoga 7:30p Hatha Yoga	3 10a Hatha Yoga 6p Gentle Hatha 7:30p Hatha Yoga 7:30p Hatha Yoga	4 10a Hatha Yoga 4:30p Hatha Yoga 5:30p Beg. Belly Dance 6p Hatha Yoga 6:45p Cont. Belly Dance 7:30p Hatha Yoga 8p Adv. Belly Dance	5 10a Hatha Yoga 10:30a Gentle Hatha 6p Gentle Hatha 6p Ashtanga Yoga 4:30p Hatha Yoga 7:30p Hatha Yoga	6 10a Hatha Yoga 6p Hatha Yoga 7:30p Open Meditation	7 7:00a Hatha Yoga 7:00a Ashtanga Yoga 9a Hatha Yoga 9:30a Hatha Yoga 10:30a Hatha Yoga 7:30p Kirtan
8 9a Hatha Yoga 9a Asana 1 1p Yoga for Depression 6p Hatha Yoga 6p Meditation	9 FULL MOON ☾ 10a Hatha Yoga 4:30p Hatha Yoga 6p Hatha Yoga 6p Vinyasa Yoga 7:30p Hatha Yoga	10 10a Hatha Yoga 6p Gentle Hatha 6p Intro to Yoga (Silvia) 7:30p Hatha Yoga 7:30p Hatha Yoga	11 10a Hatha Yoga 4:30p Hatha Yoga 5:30p Beg. Belly Dance 6p Hatha Yoga 6:45p Cont. Belly Dance 7:30p Hatha Yoga 8p Adv. Belly Dance	12 10a Hatha Yoga 10:30a Gentle Hatha 4:30p Hatha Yoga 6p Gentle Hatha 6p Ashtanga Yoga 7:30p Hatha Yoga	13 10a Hatha Yoga 6p Hatha Yoga 6p Intro to Tai Chi	14 7:00a Hatha Yoga 7:00a Ashtanga Yoga 9a Hatha Yoga 9:30a Hatha Yoga 10:30a Hatha Yoga
15 9a Hatha Yoga 3p Yoga Philosophy (1) 6p Hatha Yoga 6p Meditation	16 MARTIN LUTHER KING DAY 10a Hatha Yoga 4:30p Hatha Yoga 6p Hatha Yoga 6p Vinyasa Yoga 7:30p Hatha Yoga	17 10a Hatha Yoga 6p Gentle Hatha 6p Intro to Yoga (Silvia) 7:30p Hatha Yoga 7:30p Hatha Yoga	18 10a Hatha Yoga 4:30p Hatha Yoga 5:30p Beg. Belly Dance 6p Hatha Yoga 6:45p Cont. Belly Dance 7:30p Hatha Yoga 8p Adv. Belly Dance	19 10a Hatha Yoga 10:30a Gentle Hatha 4:30p Hatha Yoga 6p Gentle Hatha 6p Ashtanga Yoga 7:30p Hatha Yoga	20 10a Hatha Yoga 6p Hatha Yoga 6p Intro to Tai Chi 7:30p Open Meditation	21 7:00a Hatha Yoga 7:00a Ashtanga Yoga 9a Hatha Yoga 9:30a Hatha Yoga 10:30a Hatha Yoga 11a-4p Reiki 2 1p Intro to Vinyasa
22 9a Hatha Yoga 1p Restorative Yoga 1p Yoga for Kids 3p Amnesty 6p Hatha Yoga 6p Meditation	23 10a Hatha Yoga 4:30p Hatha Yoga 6p Hatha Yoga 6p Vinyasa Yoga 7:30p Hatha Yoga	24 10a Hatha Yoga 6p Gentle Hatha 6p Intro to Yoga (Silvia) 7:30p Hatha Yoga 7:30p Hatha Yoga	25 10a Hatha Yoga 4:30p Hatha Yoga 6p Hatha Yoga 6p Intro to Ashtanga Workshop 7:30p Hatha Yoga	26 10a Hatha Yoga 10:30a Gentle Hatha 4:30p Hatha Yoga 6p Gentle Hatha 6p Ashtanga Yoga 7:30p Hatha Yoga	27 10a Hatha Yoga 6p Hatha Yoga 6p Intro to Tai Chi	28 7:00a Hatha Yoga 7:00a Ashtanga Yoga 9a Hatha Yoga 9:30a Hatha Yoga 10:30a Hatha Yoga 1p Chair Yoga 2p Clearing the Chakras 7:30p Concert: Aoife Clancy
29 9a Hatha Yoga 2p Come to the Quiet 6p Hatha Yoga 6p Meditation	30 10a Hatha Yoga 4:30p Hatha Yoga 6p Hatha Yoga 6p Vinyasa Yoga 7:30p Hatha Yoga	31 10a Hatha Yoga 6p Gentle Hatha 6p Intro to Yoga (Silvia) 7:30p Hatha Yoga 7:30p Hatha Yoga	<i>Notes:</i>			

February 2012


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>at the Center for Stress Management 508-697-3273 or 508-697-3592 www.mahayogacenter.com</p>			1 10a Hatha Yoga 4:30p Hatha Yoga 5:30p Beg. Belly Dance 6p Hatha Yoga 6:45p Cont. Belly Dance 7:30p Hatha Yoga 8p Adv. Belly Dance	2 10a Hatha Yoga 10:30a Gentle Hatha 4:30p Hatha Yoga 6p Gentle Hatha 6p Ashtanga Yoga 7:30p Hatha Yoga	3 10a Hatha Yoga 6p Hatha Yoga 6p Intro to Tai Chi 7:30p Open Meditation	4 7:00a Hatha Yoga 7:00a Ashtanga Yoga 9a Hatha Yoga 9:30a Hatha Yoga 10:30a Hatha Yoga 2p Book: Defense of Food 7:30p Kirtan
5 9a Hatha Yoga 9a Asana 4 1p Native Flute Seminar 6p Hatha Yoga	6 10a Hatha Yoga 4:30p Hatha Yoga 6p Hatha Yoga 6p Vinyasa Yoga 7:30p Hatha Yoga	7 10a Hatha Yoga 6p Gentle Hatha 7:30p Hatha Yoga 7:30p Hatha Yoga	8 10a Hatha Yoga 4:30p Hatha Yoga 5:30p Beg. Belly Dance 6p Hatha Yoga 6:45p Cont. Belly Dance 7:30p Hatha Yoga 8p Adv. Belly Dance	9 10a Hatha Yoga 10:30a Gentle Hatha 4:30p Hatha Yoga 6p Gentle Hatha 6p Ashtanga Yoga 7:30p Hatha Yoga	10 10a Hatha Yoga 6p Hatha Yoga	11 7:00a Hatha Yoga 7:00a Ashtanga Yoga 9a Hatha Yoga 9:30a Hatha Yoga 10:30a Hatha Yoga 11a-4p Reiki 1 1p Hip Openers
12 9a Hatha Yoga 6p Hatha Yoga 1p Yoga for Kids 1p Tight Shoulders?	13 10a Hatha Yoga 4:30p Hatha Yoga 6p Hatha Yoga 6p Vinyasa Yoga 7:30p Hatha Yoga	14 VALENTINE'S DAY 10a Hatha Yoga 6p Gentle Hatha 7:30p Hatha Yoga 7:30p Hatha Yoga	15 10a Hatha Yoga 4:30p Hatha Yoga 5:30p Beg. Belly Dance 6p Hatha Yoga 6:45p Cont. Belly Dance 7:30p Hatha Yoga 8p Adv. Belly Dance	16 10a Hatha Yoga 10:30a Gentle Hatha 4:30p Hatha Yoga 6p Gentle Hatha 6p Ashtanga Yoga 7:30p Hatha Yoga 7:30p Change Relationship to Food	17 10a Hatha Yoga 6p Hatha Yoga 7:30p Open Meditation	18 7:00a Hatha Yoga 7:00a Ashtanga Yoga 9a Hatha Yoga 9:30a Hatha Yoga 10:30a Hatha Yoga 3p Restorative/Crystal Bowls 7p Massage for Couples
19 9a Hatha Yoga 3p Amnesty 6p Hatha Yoga	20 PRESIDENTS' DAY 10a Hatha Yoga 4:30p Hatha Yoga 6p Hatha Yoga 6p Vinyasa Yoga 7:30p Hatha Yoga	21 10a Hatha Yoga 6p Gentle Hatha 7:30p Hatha Yoga 7:30p Hatha Yoga	22 10a Hatha Yoga 4:30p Hatha Yoga 6p Hatha Yoga 7:30p Hatha Yoga	23 10a Hatha Yoga 10:30a Gentle Hatha 4:30p Hatha Yoga 6p Gentle Hatha 6p Ashtanga Yoga 7:30p Hatha Yoga	24 10a Hatha Yoga 6p Hatha Yoga 7:30p Meditation & Mantra	25 7:00a Hatha Yoga 7:00a Ashtanga Yoga 9a Hatha Yoga 9:30a Hatha Yoga 10:30a Hatha Yoga 11a Intro to Yoga (Steve) 1p Yoga Sutras
26 9a Hatha Yoga 6p Power of Forgiveness 6p Hatha Yoga	27 10a Hatha Yoga 4:30p Hatha Yoga 6p Hatha Yoga 6p Vinyasa Yoga 7:30p Hatha Yoga	28 10a Hatha Yoga 6p Gentle Hatha 7:30p Hatha Yoga 7:30p Hatha Yoga	29 10a Hatha Yoga 4:30p Hatha Yoga 6p Hatha Yoga 6p Yoga2 7:30p Hatha Yoga	<i>Notes:</i>		

WINTER & SPRING 2012

March 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>at the Center for Stress Management 508-697-3273 or 508-697-3592 www.mahayogacenter.com</p>				1 10a Hatha Yoga 10:30a Gentle Hatha 4:30p Hatha Yoga 6p Gentle Hatha 6p Ashtanga Yoga 7:30p Hatha Yoga 7:30p Change Relationship to Food	2 10a Hatha Yoga 6p Hatha Yoga 7:30p Open Meditation	3 7:00a Hatha Yoga 7:00a Ashtanga Yoga 9a Hatha Yoga 9:30a Hatha Yoga 10:30a Hatha Yoga 11a Intro to Yoga (Steve) 2p Kundalini/Cong Meditation
4 9a Hatha Yoga 9a Asana 2 3p Yoga for the Mind 6p Hatha Yoga 6p Meditation: Deepen your Practice	5 10a Hatha Yoga 4:30p Hatha Yoga 6p Hatha Yoga 6p Vinyasa Yoga 7:30p Hatha Yoga	6 10a Hatha Yoga 6p Gentle Hatha 6p Yoga Nidra 7:30p Hatha Yoga 7:30p Hatha Yoga	7 10a Hatha Yoga 4:30p Hatha Yoga 5:30p Beg. Belly Dance 6p Hatha Yoga 6:45p Cont. Belly Dance 7:30p Hatha Yoga 8p Adv. Belly Dance	8 <small>FULL MOON</small> 10a Hatha Yoga 10:30a Gentle Hatha 4:30p Hatha Yoga 6p Gentle Hatha 6p Ashtanga Yoga 7:30p Hatha Yoga	9 10a Hatha Yoga 6p Hatha Yoga 7:00p Reiki Share	10 7:00a Hatha Yoga 7:00a Ashtanga Yoga 9a Hatha Yoga 9:30a Hatha Yoga 10:30a Hatha Yoga 11a Intro to Yoga (Steve) 7:30p Kirtan
11 9a Hatha Yoga 3p Yoga for the Mind 6p Hatha Yoga 6p Meditation: Deepen your Practice	12 10a Hatha Yoga 4:30p Hatha Yoga 6p Hatha Yoga 6p Vinyasa Yoga 7:30p Hatha Yoga	13 10a Hatha Yoga 6p Gentle Hatha 6p Yoga Nidra 7:30p Hatha Yoga 7:30p Hatha Yoga	14 10a Hatha Yoga 4:30p Hatha Yoga 5:30p Beg. Belly Dance 6p Hatha Yoga 6:45p Cont. Belly Dance 7:30p Hatha Yoga 8p Adv. Belly Dance	15 10a Hatha Yoga 10:30a Gentle Hatha 4:30p Hatha Yoga 6p Gentle Hatha 6p Ashtanga Yoga 7:30p Hatha Yoga 7:30p Change Relationship to Food	16 10a Hatha Yoga 6p Hatha Yoga 7:30p Open Meditation	17 ST PATRICKS DAY 7:00a Hatha Yoga 7:00a Ashtanga Yoga 9a Hatha Yoga 9:30a Hatha Yoga 10:30a Hatha Yoga 11a Intro to Yoga (Steve) 2p Intro to Karma Yoga
18 9a Hatha Yoga 1p Restorative Yoga 1p Yoga for Kids 3p Amnesty 6p Hatha Yoga 6p Meditation: Deepen your Practice	19 10a Hatha Yoga 4:30p Hatha Yoga 6p Hatha Yoga 6p Vinyasa Yoga 7:30p Hatha Yoga	20 FIRST DAY OF SPRING 10a Hatha Yoga 6p Gentle Hatha 6p Yoga Nidra 7:30p Hatha Yoga 7:30p Hatha Yoga	21 10a Hatha Yoga 4:30p Hatha Yoga 5:30p Beg. Belly Dance 6p Hatha Yoga 6:45p Cont. Belly Dance 7:30p Hatha Yoga 8p Adv. Belly Dance	22 10a Hatha Yoga 10:30a Gentle Hatha 4:30p Hatha Yoga 6p Gentle Hatha 6p Ashtanga Yoga 7:30p Hatha Yoga	23 10a Hatha Yoga 6p Hatha Yoga	24 7:00a Hatha Yoga 7:00a Ashtanga Yoga 9a Hatha Yoga 9:30a Hatha Yoga 10:30a Hatha Yoga 1p Intro to Ashtanga Workshop
25 9a Hatha Yoga 6p Hatha Yoga 6p Meditation: Deepen your Practice	26 10a Hatha Yoga 4:30p Hatha Yoga 6p Hatha Yoga 6p Vinyasa Yoga 7:30p Hatha Yoga	27 10a Hatha Yoga 6p Gentle Hatha 6p Yoga Nidra 7:30p Hatha Yoga 7:30p Hatha Yoga	28 10a Hatha Yoga 4:30p Hatha Yoga 5:30p Beg. Belly Dance 6p Hatha Yoga 6:45p Cont. Belly Dance 7:30p Hatha Yoga 8p Adv. Belly Dance	29 10a Hatha Yoga 10:30a Gentle Hatha 4:30p Hatha Yoga 6p Gentle Hatha 6p Ashtanga Yoga 7:30p Hatha Yoga 7:30p Change Relationship to Food	30 10a Hatha Yoga 6p Hatha Yoga 7:30p Book: Yoga Therapy	31 7:00a Hatha Yoga 7:00a Ashtanga Yoga 9a Hatha Yoga 9:30a Hatha Yoga 10:30a Hatha Yoga 1p Journey into Spring

April 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9a Hatha Yoga 6p Hatha Yoga	2 10a Hatha Yoga 4:30p Hatha Yoga 6p Hatha Yoga 6p Vinyasa Yoga 7:30p Hatha Yoga	3 10a Hatha Yoga 6p Gentle Hatha 7:30p Hatha Yoga 7:30p Hatha Yoga	4 10a Hatha Yoga 4:30p Hatha Yoga 5:30p Beg. Belly Dance 6p Hatha Yoga 6:45p Cont. Belly Dance 7:30p Hatha Yoga 8p Adv. Belly Dance	5 10a Hatha Yoga 10:30a Gentle Hatha 4:30p Hatha Yoga 6p Gentle Hatha 6p Ashtanga Yoga 7:30p Hatha Yoga	6 GOOD FRIDAY <small>FULL MOON</small> 10a Hatha Yoga 6p Hatha Yoga 7:30p Open Meditation	7 7:00a Hatha Yoga 7:00a Ashtanga Yoga 9a Hatha Yoga 9:30a Hatha Yoga 10:30a Hatha Yoga 2p Nutrition & the Brain
8 EASTER <i>closed</i>	9 10a Hatha Yoga 4:30p Hatha Yoga 6p Hatha Yoga 6p Vinyasa Yoga 7:30p Hatha Yoga	10 10a Hatha Yoga 6p Gentle Hatha 7:30p Hatha Yoga 7:30p Hatha Yoga	11 10a Hatha Yoga 4:30p Hatha Yoga 5:30p Beg. Belly Dance 6p Hatha Yoga 6:45p Cont. Belly Dance 7:30p Hatha Yoga 8p Adv. Belly Dance	12 10a Hatha Yoga 10:30a Gentle Hatha 4:30p Hatha Yoga 6p Gentle Hatha 6p Ashtanga Yoga 7:30p Hatha Yoga	13 10a Hatha Yoga 6p Hatha Yoga 7:30p Meditation & Mantra	14 7:00a Hatha Yoga 7:00a Ashtanga Yoga 9a Hatha Yoga 9:30a Hatha Yoga 10:30a Hatha Yoga 11a-4p Reiki 1 7:30p Kirtan
15 9a Hatha Yoga 9a Asana 5 1p Yoga for Kids 1p Restorative Yoga 3p Amnesty 6p Hatha Yoga	16 10a Hatha Yoga 4:30p Hatha Yoga 6p Hatha Yoga 6p Vinyasa Yoga 7:30p Hatha Yoga	17 10a Hatha Yoga 6p Gentle Hatha 7:30p Hatha Yoga 7:30p Hatha Yoga	18 10a Hatha Yoga 4:30p Hatha Yoga 5:30p Beg. Belly Dance 6p Hatha Yoga 6:45p Cont. Belly Dance 7:30p Hatha Yoga 8p Adv. Belly Dance	19 10a Hatha Yoga 10:30a Gentle Hatha 4:30p Hatha Yoga 6p Gentle Hatha 6p Ashtanga Yoga 7:30p Hatha Yoga	20 10a Hatha Yoga 6p Hatha Yoga 7:30p Open Meditation	21 7:00a Hatha Yoga 7:00a Ashtanga Yoga 9a Hatha Yoga 9:30a Hatha Yoga 10:30a Hatha Yoga
22 9a Hatha Yoga 3p Yoga of Breath 6p Hatha Yoga	23 10a Hatha Yoga 4:30p Hatha Yoga 6p Hatha Yoga 6p Vinyasa Yoga 7:30p Hatha Yoga	24 10a Hatha Yoga 6p Gentle Hatha 7:30p Hatha Yoga 7:30p Hatha Yoga	25 10a Hatha Yoga 4:30p Hatha Yoga 5:30p Beg. Belly Dance 6p Hatha Yoga 6:45p Cont. Belly Dance 7:30p Hatha Yoga 8p Adv. Belly Dance	26 10a Hatha Yoga 10:30a Gentle Hatha 4:30p Hatha Yoga 6p Gentle Hatha 6p Ashtanga Yoga 7:30p Hatha Yoga	27 10a Hatha Yoga 6p Hatha Yoga	28 7:00a Hatha Yoga 7:00a Ashtanga Yoga 9a Hatha Yoga 9:30a Hatha Yoga 10:30a Hatha Yoga 1p Yin Yoga Workshop 7:30p Bellydance Showcase
29 9a Hatha Yoga 6p Hatha Yoga	30 10a Hatha Yoga 4:30p Hatha Yoga 6p Hatha Yoga 6p Vinyasa Yoga 7:30p Hatha Yoga	 <p>We stock a modest but hand-picked, quality array of highly crafted items that you won't find in most stores.</p> <div style="display: flex; justify-content: space-around;"> <div> <p>BOOKS MUSIC INCENSE</p> </div> <div> <p>ESSENTIAL OILS JEWELRY YOGA MATS</p> </div> <div> <p>T-SHIRTS UNIQUE GIFTS CLOTHING</p> </div> <div> <p>BELLY DANCE SUPPLIES</p> </div> </div> 