



# Tenth Gate

CENTER FOR YOGA AND MEDITATION



# January 2010

## Monday

6:00-7:00 AM  
9:30-11:00 AM  
5:30-7:00 PM  
6:00 -7:30 PM

HEATED HOUR OF POWER  
KUNDALINI YOGA  
HEATED POWER VINYASA YOGA  
BLISS

BETH  
REINETTE  
LIZ  
NATALIE

## Tuesday

9:30-11:00 AM  
10:30 AM-12:00 PM  
12:00-1:00 PM  
5:30-7:00 PM

VINYASA FLOW  
BLISS  
HEATED HOUR OF POWER  
KUNDALINI YOGA

SHERI  
NATALIE  
LIZ  
TOM

## Wednesday

6:30-7:30 AM  
9:30-10:15 AM  
10:30 AM-12:00 PM  
4:00-5:00 PM  
4:00-5:00 PM  
5:30-7:00 PM  
6:00-7:30 PM

KUNDALINI YOGA  
MOMMY & ME YOGA SERIES (AGES 2-4)\*  
KUNDALINI YOGA  
YOGA CORE FLOW  
PILATES MAT  
BEGINNER YOGA & MEDITATION SERIES\*  
VINYASA FLOW

REINETTE  
LYNDA  
SAT SIRI  
AGGIE  
TRACIE  
PRISCILLA  
JESSICA

## Thursday

9:00-10:30 AM  
10:30 AM-12:00 PM  
5:30-7:00 PM  
6:00-7:30 PM

HEATED POWER VINYASA YOGA  
MINDFULNESS YOGA  
KUNDALINI YOGA  
BLISS

LIZ  
PRISCILLA  
TOM  
NATALIE

## Friday

6:30-7:30 AM  
9:00-10:30 AM  
9:30-11:00 AM  
5:30-7:00 PM

KUNDALINI YOGA  
HEATED POWER VINYASA YOGA  
YOGA FOR MEDITATION  
ASHTANGA VINYASA YOGA

TOM  
RENEE  
BARBARA  
SHERI

## Saturday

8:00-9:30 AM  
10:30-11:30 AM  
8:30-9:30 AM  
9:45-10:45 AM  
11:00 AM-12:00 PM

HEATED POWER VINYASA YOGA  
HEATED HOUR OF POWER  
PILATES MAT  
CHILDREN'S YOGA SERIES\* (AGES 5-8)  
CHILDREN'S YOGA SERIES\* (AGES 9-12)

LIZ  
LIZ  
TRACIE  
LYNDA  
LYNDA

## Sunday

9:30-11:00 AM

KUNDALINI YOGA

REINETTE

~ SCHEDULE SUBJECT TO CHANGE ~

*\*Class Cards and Unlimited Passes can not be used for Series Classes.*

**401.683.YOGA (9642)**  
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