

Integral Yoga Center Richmond

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	X-Gentle (FULL) 9:15-10:15am 9/6-10/25 Nora @ Byrd Park		Mixed Level 9-10:15am 9/22-11/3 Durga @ IYC		Community Beginners 9-10:15am Taylor 10/1-12/17	Yoga for Everybody 9-10:15am Carol 9/25-11/6
			X-Gentle 10:30-11:30am 9/8-10/27 Nora @ IYC		Earth Yoga 10:30-12pm 10/1-11/26 Anne @ IYC	
NOON					IYC GRAND OPENING! 9/24 - 8am-8pm	
Continuing 6-7:30pm 9/12-10/31 Nora @ IYC	Continuing 4:45-6pm 9/13-11/1 Nora @ IYC	Beginners 12-1pm 9/21-11/2 Mitra @ IYC	Mindful Yoga 2:45-4pm 9/22-11/3 Siv @ IYC	Kirtan 7-9pm 9/23 @ IYC Lobo Marino	Laugha Yoga 2-3:30pm 10/15 Mary Buruss @ IYC	Yoga for Everybody 1:30-2:45pm Carol 9/25-11/6
Chair Yoga 7:45-8:45pm 10/3-11/7 Nora @ IYC	Surprise Class 6:30-8:30pm 10/4-11/1 IYC staff By donation	Community Beginners Class 6-7:15pm Caro 9/21-12/2	Continuing 4:45-6pm 11/10-12/22 Nora @ IYC	Kirtan 6-8pm 10/21 & 11/18 @ IYC	Yoga Drum Dance 12:30-3:30pm 10/29 Ram Bhagat @ IYC	Family Yoga 3:45-4:30pm 9/25-12/11 Nitya @ IYC
		Community Continuing 7:30-9pm Nitika 9/21-12/21	Continuing 6-7:30pm 9/22-11/3 Uma @ IYC		Laugha Yoga 2-3:00pm 11/12 Mary Buruss @ IYC	Mixed Lev Yoga 4:45-6pm 9/25-12/11 Nitya @ IYC
Fall Classes	Special Events		Community Beginners Class 7:45-9pm Mitra 9/22-12/22		Integral Yoga Center 213 Roseneath Rd, Suite 102 Museum District 23221 main: (804) 342-1061 cell: (804) 677-3199	



INTERESTED IN IYC'S TEACHER TRAINING PROGRAM? ORIENTATION IS SEPTEMBER 25.

TT Orientation Sept 25 5:30-7:30pm Nora @ IYC	Teacher Training Nov 8-May 6 5:30-9:30pm	TT Workshop Nov 19 9am-1pm
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