



Yoga at the Ashram Daily Classes 3/14 - 5/27

MONDAY			
Vinyasa Power Flow (heated room)	9:30 - 10:45 AM	Victoria	Main Studio
♦Hatha Vinyasa Flow (1st Monday of month \$5)	6:00 - 7:00 PM	Victoria	Main Studio
Gentle Yoga	6:00 - 7:25 PM	Rai Kaur (Alaine)	Studio G
Kundalini Yoga	7:30 - 8:45 PM	Jai Kaur	Studio G
TUESDAY			
Kundalini Yoga	9:00 - 10:15 AM	Jai Kaur	Studio G
Vinyasa Flow	9:00 - 10:00 AM	Betsy	Main Studio
Kundalini Yoga	6:00 - 7:15 PM	Jot Kaur	Studio G
Kundalini Yoga	7:30 - 8:45 PM	Anand Kaur	Studio G
WEDNESDAY			
Vinyasa Power Flow (heated room)	9:30 - 10:45 AM	Victoria	Main Studio
Kundalini Yoga & Sat Nam Rasayan for Healing	9:30 - 11:00 AM	Siri Tapa Kaur	Studio G
Tai Chi	6:00 - 7:30 PM	Ed	Main Studio
Iyengar (Hatha) Yoga	6:00 - 7:15 PM	Roz	Studio G
Meditation & Kriyas	7:30 - 8:45 PM	Guru Jiwan Singh	Studio G
THURSDAY			
Kundalini Yoga	9:00 - 10:15 AM	Harbhajan Kaur	Main Studio
Vinyasa Power Flow (heated room)	6:00 - 7:15 PM	Victoria	Main Studio
Kundalini Yoga with Gong	6:00 - 7:15 PM	Siri Sevak Kaur	Studio G
Kundalini Yoga	7:30 - 9:00 PM	Guruatma Singh	Main Studio
FRIDAY			
Kundalini Yoga	9:30 - 10:45 AM	Amanbir Kaur (Rachel)	Studio G
Vinyasa Flow	9:30 - 10:45 AM	Christine	Main Studio
SATURDAY			
Kundalini Yoga	9:15 - 10:45 AM	EkOngKar Singh	Studio G

Morning Sadhana: Monday - Friday 4:00 AM ~ Saturday & Sunday 5:00 AM ~ Free & Open to All

Notes	Prices	Yoga at the Ashram
♦ 1st Monday each month Community Hatha Vinyasa Flow \$5	Drop-in \$15 10-Class Pass \$120 Unlimited Monthly \$95	Baba Siri Chand Yoga Center 368 Village St. Millis, MA 508-376-4525

CLASS DESCRIPTIONS

Kundalini Yoga includes all elements of the ancient teachings of yoga: Asana (postures), Pranayama (breathing techniques), Mantra (sound), Mudra (hand positions), and Meditation. These aspects are combined into series of exercises called Kriyas. Some Kriyas are dynamic and energetic, others are slow and meditative. Kundalini Yoga develops flexibility, tones muscles and strengthens the nervous, glandular, and immune systems. It increases mental energy and gives you a deep inner calm, strength, and grace. This ancient system draws upon a vast body of teachings brought to the U.S. by Yogi Bhajan. All levels

Hatha Yoga is a form of yoga that uses posture and breathing methods as a means to health and well-being. Postures include seated, standing, reclined and inverted. Students are encouraged to progress at their own level. Suitable for everyone.

Meditation & Kriya

Self healing through creative meditation. Meditation is activity which links you with infinity.

Iyengar Yoga is simply meditation in action. Mr. Iyengar at the age of 91 continues his practice of asana and pranayama. He pioneered the use of props: blocks, straps, blankets etc. Props enable us to do a pose with right actions and gain the benefit of the an asana or pose despite a dis-ease or physical constriction. All levels.

Tai Chi, the flowing movements of Tai Chi are a moving meditation where we experience the flow of energy within and around us. Chi flow in the body follows the path of the nervous system, vascular system and meridian lines. The movements of Tai-Chi were created to enhance this flow leading to greater health, vitality and longevity. As we cultivate this supreme, ultimate energy we become perceptively in tune with our body and mind. This intimate relationship allows us to direct our own energies to heal.

Vinyasa is a flowing sequence of poses (asanas) which link breath and movement. Learn to utilize the breath as a harness to join the body, mind and spirit. Class introduces the classic series of postures known as the Sun Salutation. The room is heated 75 - 80 degrees.

Morning Sadhana is held everyday at the Ashram. It is free of cost and open to all. Monday - Friday Sadhana begins at 4:00 AM. On the weekends Sadhana begins at 5:00 AM. On Sunday there is live music.

Radiant Child Yoga incorporates music, storytelling, games, and physical activities that foster cooperation and encourages self esteem. Through specific exercises, from the Radiant Child toolbox, children will learn how to navigate life with a little more ease.