SHANTI YOGA ASHRAM CLASS SCHEDULE Winter / Spring 2024

*This schedule is subject to change; please contact the email at the bottom to confirm before attending*Classes are held at 4217 E-W Hwy unless indicated.   
**Zoom available:** [https://zoom.us/j/7190836440](https://yvxzxd.clicks.mlsend.com/te/cl/eyJ2Ijoie1wiYVwiOjM1OTMxOCxcImxcIjo4NzA5MzM0NDgyMjM2Mzc0OCxcInJcIjo4NzA5MzM0NjY5NTEyMDI5OX0iLCJzIjoiMWVmMjU5ODVjOTdmNGM0ZiJ9) or dial [719-083-6440](tel:719-083-6440), password Omshanti [always the same]

#### SPECIAL COURSES

#### Pre-registration Required

**Pre-natal Yoga & Birth Preparation**  **Menarche Workshop   
Yoga for a Healthy Feminine Cycle  
Ayurveda at Home**

*The Ashram offers special courses for the many experiences we encounter as we move though life and to incorporate the teachings of yoga into daily life. See website; for a few samples see box to the right *

*Ongoing classes offer a regular practice of Hatha Yoga. For more info please, see the Yoga link on the website, call 301 654 4899 or email shantiyoga.sol@gmail.com*

*as well as ongoing classes.*

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| **CLASSES**  **All are Open/Drop-in unless indicated by PR** | **INSTRU** | **DAY** | **TIME/ LOC** | **FEE & DESCRIPTION** *Classes are $72/4 weeks or $20 drop-in* |
| **Foundation of Yoga PR** | Vyasa & Durga | Wed | 6:00-8:00 p.m.  App. 6 week session, to begin in April | Basis of all the Ashram classes: Learn the 5 Principles of Hatha Yoga, an overview of 8-limbs of Raja Yoga, and a complete practice of classical asana and pranayam, w/ Yamas & Niyamas |
| **Shanti Marga Beginners I, PR** | Durga | Tues | 7:15-8:30 p.m. | *Group study of Applied Yoga Theory* |
| **Shanti Marga Beginners II, PR** | Durga | Mon | 7:15-8:30 p.m. | *Group study of Applied Yoga Theory* |
| **Shanti Marga Intermediate II, PR** | Durga | Thurs | 4:30-6:00 p.m. | *Group study of Applied Yoga Theory* |
| **Multi-Level Sivananda *starts Feb 12*** | Durga | Mon | 6-7:10 p.m. | Tonify and strengthen nerves, muscles, lungs and organs; calm the mind. Prepare for meditation. |
| **Hathenas** | Lakshmi | Thurs | 5:15-6:30 p.m.  4209 E-W | Breathing for Life – an amazing routine for energizing and whole body health |
| **Women's Restorative Yoga** | Saraswati | Thurs | 7-8 p.m. | Relaxing & rejuvenating, uses supports to restore body and mind |
| **Mixed-Level Sivananda** | Lakshmi | Sat | 9:30-11 am | De-stress and strengthen for health and enjoyment in body, mind & soul |
| **Posture Alignment Training**  *\*For other times, email: shantiyoga@schooloflife.org* | Andrew | Weds\* | 6-7 p.m. | Simple & effective method to treat/prevent acute & chronic pain and increasing range of motion. Private sessions also available. |
| **Private Classes** |  |  |  | $40/hr at our location, inquire for off-site. |

**Morning Satsang Sunday – Friday 6 days/wk 6:00 am to ~ 7:15 (can follow with yoga practice, M-F)**

**Essene Sabbath - Prayers, Song, and Spiritual Readings Fridays 5:30 – 7:00 pm**

**Satsang - Meditation, Interfaith Prayers for World Peace, Song & Spiritual Readings Saturdays 5:00 - 7:00 pm**

**Lectio Divina: Spiritual Readings & Reflections: Ascended Masters or Essene Life of Christ Sundays 5:00 - 6:15 pm**

**­­SHANTI YOGA CENTER FOR HARMONY**  
4217 & 4209 East-West Highway, Bethesda, MD 20814   
301-654-4899 [shantiyoga.sol@gmail.com](mailto:shantiyoga.sol@gmail.com) [WWW.SCHOOLOFLIFE.ORG](http://WWW.SCHOOLOFLIFE.ORG)