

Yoga Rays 2012 Schedule

With Dharamjeet Kaur/Eva Michel

We start the New Year with classes at my private home studio @ \$11

Please RSVP for address eva@yogarays.com

Every Saturday 9:00-10:30am

Every Thursday 7:00-8:15pm

Each month we focus on specific areas, as we energetically align with the seasons and celestial energies of each month. At the same time, stimulating our glands and nervous systems to withstand anything that comes our way! Many Blessings to you all for a radiant and peaceful New Year! Sat Nam! Dharamjeet Kaur

PS- The Open House on Saturday, January 14, 2012 12:00-2:00pm is a great way to make yourselves comfortable with the studio, and make new friends! Please join me in welcoming in the New Year!

January- Prosperity Series

Jan 7 - Saturday classes begin 9:00-10:30am

Jan 12 -Thursday classes begin 7:00-8:15pm

Jan 14 - Open House w/ refreshments 12:00-2:00pm

Jan 21 -Beginners Workshop 9-11:30am includes yoga & meditation (review the basics)

RSVP by Jan 20 \$21

February- Open the Heart Series

Feb 18 - Intro to Ayurveda 9:00-noon (reg class from 9-10:30) Includes yoga, meditation, cooking

demo & organic lunch. RSVP by Feb 15. \$33

March- Re-energize Series

March 17 – Kick-Off 5 Day Group Cleanse - 9:00-11:30am (regular class still on)

Cleanse schedule Mon, Tues, Wed, Thurs, Fri - 7:00-8:15am

April- Rejuvenation Series

April- Individual Custom 14 Day Dosha Cleanse begins. Special Yoga Detox Series all month

May-Honoring the Divine Mother Series

May- Mothers Day Special- 2 for one Special on Everything!

June- Honoring Summer Solstice