



2020-2021 YOGA SHALA - EAST WEST ADDITIONAL OFFERINGS

In addition to our regularly scheduled yoga classes, these options are offered to support your journey to live your most meaningful life.

JUN-JUL
2020

6/26, 6-7pm Gravity Yoga - Class Pass
6/27, 830-930am* Yoga at the Lake - Class Pass
7/4, 830-930am* Yoga at the Lake - Class Pass
7/10, 530-630pm Meditation Series Cont'd - \$15
7/12, 10-11am Breathwork Part 1 - \$70/4 sessions
7/18, 830-930am* Yoga at the Lake - Class Pass
7/19, 10-11am Breathwork Part 2 - Included in \$70
7/20, 545-645am - 6 Week Sadhana starts*** - Class Pass
7/24, 6-7pm Gravity Yoga - Class Pass
7/25, 830-930am* Yoga at the Lake - Class Pass

ALL ARE LISTED IN MINDBODY.
IF LISTED AS CLASS PASS,
FIND THIS UNDER YOGA CLASSES.
IF NOT LISTED AS CLASS PASS,
FIND THIS UNDER THE EVENTS OR
ENROLLMENT TAB.
WE CAN ALSO HELP!

AUG
2020

8/1, 6-9pm* Full Moon Yoga & Drum Circle - Class Pass
8/2, 10-11am Breathwork Part 3 - Included in \$70
8/7, 530-630pm Meditation Series Cont'd - \$15
8/8, 830-930am* Yoga at the Lake - Class Pass
8/9, 10-11am Breathwork Part 4 - Included in \$70
8/21, 6-7pm Gravity Yoga - Class Pass
8/29, 10am-6pm YTT1 Foundations of Yoga - \$90/\$120/\$160**
8/30, 10am-6pm YTT2 Systems & Science of Mind & Body - \$90/\$120/\$160**

CLASS SIZES ARE
LIMITED. EARLY
REGISTRATION IS
RECOMMENDED.

SEP - OCT
2020

9/11, 530-630pm* Chanting & Meditation - Class Pass
9/14, 545-645am - 6 Week Sadhana starts*** - Class Pass
9/20, 10am-6pm YTT3 Purpose & Consequence - \$90/\$120/\$160**
10/16 - 10/18, 2.5 days* YTT4 Align & Balance Retreat/Chakras - \$180/\$250-\$400**
10/25, 10am-6pm YTT5 Oldest Language, Your Voice & Message - \$90/\$120/\$160**

NOV
2020

11/1, 3-8pm* Blue Moon Paddle & Bonfire - Class Pass + Watercraft Rental
11/6, 530-630pm Yoga Nidra - Class Pass
11/14, 10am-6pm YTT6 Edges, Where They Show Up, Twists- \$90/\$120/\$160**
11/15, 10am-6pm YTT7 Voice & Authenticity - Time to Lead - \$90/\$120/\$160**
11/29, 3-6pm Mala Making - Price TBD

*This event takes place at Acorns Resort, Milford, KS

**Price depends on your choice of full or single session enrollment & if you have an unlimited monthly pass at the studio. Retreat prices for YTT4 and YTT10 also depend on choice of lodging. Price for full enrollment of YTT up-front is discounted to \$1800 total.

***Morning Sadhana attendance = commitment for 6 weeks of at least 4 students.



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DEC - JAN 2021

12/4, 5-6pm Meditation - Class Pass
12/5, 10am-6pm YTT8 Giving is Living and Space for Growth - \$90/\$120/\$160**
12/6, 10am-6pm YTT9 Art of Assisting, Ethics, Business of Yoga - \$90/\$120/\$160**
12/31, 5-7pm Intentions -108 Salutations - Class Pass
1/8-1/10, 2.5 days* YTT10 Intentions & Manifest Retreat - \$180/\$250-\$400**
1/17, 10am-6pm YTT11 The Battlefield, Life in Context of the Gita \$90/\$120/\$160**

FEB - MAR 2021

2/13, 4-7pm Partner Yoga & Painting, TBD
2/20, 10am-6pm YTT12 Ancient Chinese Not Secret & Vitality- \$90/\$120/\$160**
2/21, 10am-6pm YTT13 Sequencing, Music & Experience Weaving - \$90/\$120/\$160**
3/1, 545am-645am 6 Week Sadhana starts*** - Class Pass
3/5, 530pm-630pm Sound Bath Meditation - Class Pass
3/7, 10am-6pm YTT14 Elevate through Kundalini & Inversions- \$90/\$120/\$160**

APR - MAY 2022

4/3, 10am-6pm YTT15 The Art of Relaxing into Bliss - \$90/\$120/\$160**
4/4, 10am-6pm YTT16 Health Conditions & Modifications - \$90/\$120/\$160**
4/12, 545-645am 6 Week Sadhana starts*** - Class Pass
5/1, 3-6pm* Yoga & Tequila Tour - Price TBD (approx \$25)
5/8, 8am-6pm* YTT17 Noble Retreat, Samadhi - \$90/\$120/\$160**
5/9, 10am-6pm* YTT18 Permission, Release & Begin Ceremony \$90/\$120/\$160**

OTHER INFO

Tues Yoga Asana classes changed starting in July 2020
New Tues night will be "Equanimity"

Tues Foundations Class is temporarily off the schedule and may return

Mon 545am will only be offered during the five listed 6 week sessions

Other Offerings - Restorative, Yoga Nidra, Acupuncture, etc. are likely

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