



2010

August	Drop-In Classes	Hatha Yoga	Level
Monday	9:30 – 10:55 am	Mixed Level	Continuing / advanced
	12:00 – 12:40 pm	Meditation	Open to all
	6:00 – 7:25 pm	Hatha Yoga IA	Advanced beginner
	6:00 – 7:25 pm	Prenatal Yoga	Open to all
	7:30 – 8:55 pm	Stress Release	Open to all
	7:45 – 8:20 pm	Meditation	Open to all
Tuesday	9:30 – 10:55 am	Hatha IA	Advanced beginner
	12:00 – 12:40 pm	Meditation	Open to all
	4:30 – 5:55 pm	Gentle Yoga	Open to all
	6:00 – 7:25 pm	Hatha I	Beginner
	7:45 – 8:20 pm	Meditation	Open to all
Wednesday	9:30 – 10:55 am	Hatha IA	Advanced beginner
	9:30 – 10:55 am	Mixed Level	Continuing / advanced
	12:00 – 12:40 pm	Meditation	Open to all
	6:00 – 7:25 pm	Hatha IA	Advanced beginner
	6:00 – 7:25 pm	Advanced / Mixed Level	Advanced / mixed
	7:30 – 7:45 pm	Intro to Meditation	Open to all
	7:45 – 8:20 pm	Meditation	Open to all
Thursday	9:30 – 10:55 am	Hatha I	Beginner
	9:30 – 10:55 am	Advanced / Mixed Level	Advanced / mixed
	12:00 – 12:40 pm	Meditation	Open to all
	6:00 – 7:25 pm	Hatha IA	Advanced beginner
	7:45 – 8:20 pm	Meditation	Open to all
Friday	9:30 – 10:55 am	Hatha I	Beginner
	9:30 – 10:55 pm	Mixed Level	Continuing / advanced
	12:00 – 12:40 pm	Meditation	Open to all
Saturday	8:00 – 9:25 am	Hatha IA	Advanced beginner
	9:30 – 10:55 am	Hatha IA	Advanced beginner
	9:30 – 10:55 am	Hatha II / III	Advanced
	11:00 – 12:30 pm	Hatha I	Beginner
Sunday	9:30 – 10:55 am	Hatha IA	Advanced beginner
	9:30 – 10:55 am	Hatha II	Advanced
	9:30 – 10:55 am	Gentle Yoga	Open to all
	11:30 – 12:05 pm	Meditation	Open to all
	11:00 – 12:40 pm	Hatha IA	Advanced beginner

Drop-In Classes:
\$12 each
\$9 for your first class /Seniors

Location:
770 Dolores Street
San Francisco, CA 94110

What to bring:
Please come with
your own mat or towel

Website: <http://www.integralyogasf.org>
Phone: (415) 821-1117
Email: mail@integralyogaSF.org

2010

August

Events & Workshops

Sunday, August 1 11:00 am – 11:45 am	Family Yoga Adults and little people together in a playful Yoga session. All ages welcomed! 1st Sunday of each month.	Madhuri Flynn
Tuesday, August 3 6:00 pm – 7:30 pm Fee: \$ 15	Vital Breath Come and experience how just with using the breath consciously you can invigorate the body and mind, making them healthy and peaceful. We will explore the basis of the practices of pranayama and then experience the techniques.	Dee Benefield
Friday, August 6 6:00 pm – 8:00 pm Fee: By donation	Knitting Circle Experience the joy of combining two ancient practices: Yoga and knitting. Knit one OM, Knit two OM, Knit three OM! Practitioners learn to cultivate an inner state of peace while creating something beautiful.	Saraswati Takahashi
Tuesday, August 10 6:00 – 7:30 pm Fee: \$ 15	Learn to Meditate “If you meditate regularly, you will have no complaints in life.” Sri Swami Satchidananda This is a practical workshop that will enable students to begin earnest meditation on their own. A clear understanding of what meditation is, how it works, and how to make it an enjoyable daily experience will be presented.	Dee Benefield
Friday, August 13 & 27 6:00 pm – 8:00 pm Fee: By donation	Kirtan Chanting mantras and prayers are elements of the Bhakti Yoga path which leads to union with Divine Consciousness. Kirtan quiets the mind and opens the heart to Joy!	Jyothi Weber and Amala Pallitto
Sunday, August 15 11:00 am – 1:00 pm Fee: \$ 15	Seven Keys for Wellbeing Learn effective techniques that will help you to balance your life, feel more peaceful, centered & relaxed, have more vital energy, improve focus & concentration, sleep more soundly, have more clear direction, develop an overall feeling of wellbeing & enjoyment of life.	Meekakshi Angel
Tuesday, August 17 6:00 pm – 7:30 pm Fee: \$ 15	Laughing Meditation This workshop involves Hatha Yoga poses and extended conscious laughter followed by a silent meditation. Dress for Hatha Yoga, bring a towel, and expect to have a wonderful, fun time.	Dee Benefield
Sunday, August 22 1:00 pm – 3:30 pm Fee: By donation	Mahasamadhi Puja and Family Barbeque Come join us for a community gathering of the 8th anniversary of Sri Swami Satchidananda’s final liberation from the body. Please also join us for a family summer gathering in His honor.	IYI Institute
Tuesday, August 24 6:00 – 7:00 pm Fee: By donation	Full Moon Chanting During this evening of chanting we shall share the Gayatri Maha Mantra, the Mantra of enlightenment. Chanting mantras and prayers are elements of the Bhakti Yoga path which leads to union with Divine Consciousness. Kirtan quiets the mind and opens the heart to Joy!	Padma Jennings
Tuesday, August 24 6:00 – 7:30 pm Fee: \$ 15	Thai Yoga Massage This deep, loving, and accessible healing art is an ancient practice with roots in Yoga, Ayurveda, and Buddhism. You will be guided through meditation and gentle rhythmic movement and stretching which increases connection and vital energy for both the giver and receiver. No experience with Yoga or massage is necessary. This practice is performed fully clothed.	Kristie Home
Thursday, August 26 6:00 – 7:30 pm Fee: \$ 15	Happy Healthy Pregnancy and Birth In this workshop, we will present tips and resources on leading a holistic, healthy, and happy life during pregnancy. We will explore options on how you and your baby can have the most positive birth experience, and present the experiences of a mother who had a natural birth with Homestyle Midwifery in San Francisco in 2006.	Claudia (Priya) Dallendörfer

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770 Dolores Street
San Francisco, CA 94110

Ways To Connect:
For details about our programs, trainings, and other offerings. **Store hours:** 15 min prior class
Website: <http://www.integralyogasf.org> **Phone:** (415) 821-1117 **Email:** mail@integralyogaSF.org