



2010

April	Drop-In Classes	Hatha Yoga	Level
<b>Monday</b>	9:30 – 10:55 am	<b>Mixed Level</b>	Continuing / advanced
	12:00 – 12:40 pm	<b>Meditation</b>	Open to all
	6:00 – 7:25 pm	<b>Hatha Yoga IA</b>	Advanced beginner
	6:00 – 7:25 pm	<b>Prenatal Yoga</b>	Open to all
	7:30 – 8:55 pm	<b>Stress Release</b>	Open to all
	7:45 – 8:20 pm	<b>Meditation</b>	Open to all
<b>Tuesday</b>	9:30 – 10:55 am	<b>Hatha IA</b>	Advanced beginner
	12:00 – 12:40 pm	<b>Meditation</b>	Open to all
	4:30 – 5:55 pm	<b>Gentle Yoga</b>	Open to all
	6:00 – 7:25 pm	<b>Hatha I</b>	Beginner
	6:00 – 7:25 pm	<b>Hatha II</b>	Intermediate / advanced
	7:45 – 8:20 pm	<b>Meditation</b>	Open to all
<b>Wednesday</b>	9:30 – 10:55 am	<b>Hatha I</b>	Beginner
	9:30 – 10:55 am	<b>Advanced / Mixed Level</b>	Advanced / mixed
	12:00 – 12:40 pm	<b>Meditation</b>	Open to all
	6:00 – 7:25 pm	<b>Hatha IA</b>	Advanced beginner
	7:00 – 8:30 pm	<b>Hatha II</b>	Intermediate / advanced
	7:30 – 7:45 pm	<b>Intro to Meditation</b>	Open to all
<b>Thursday</b>	7:45 – 8:20 pm	<b>Meditation</b>	Open to all
	9:30 – 10:55 am	<b>Hatha I</b>	Beginner
	12:00 – 12:40 pm	<b>Meditation</b>	Open to all
	6:00 – 7:25 pm	<b>Hatha IA</b>	Advanced beginner
	7:45 – 8:20 pm	<b>Meditation</b>	Open to all
	<b>Friday</b>	9:30 – 10:55 am	<b>Hatha I</b>
9:30 – 10:55 pm		<b>Mixed Level</b>	Continuing / advanced
12:00 – 12:40 pm		<b>Meditation</b>	Open to all
<b>Saturday</b>	8:00 – 9:25 am	<b>Hatha IA</b>	Advanced beginner
	9:30 – 10:55 am	<b>Hatha IA</b>	Advanced beginner
	9:30 – 10:55 am	<b>Hatha II / III</b>	Advanced
	11:00 – 12:30 pm	<b>Hatha I</b>	Beginner
<b>Sunday</b>	9:30 – 10:55 am	<b>Hatha IA</b>	Advanced beginner
	9:30 – 10:55 am	<b>Hatha II</b>	Intermediate / advanced
	9:30 – 10:55 am	<b>Gentle Yoga</b>	Open to all
	11:00 – 11:35 pm	<b>Meditation</b>	Open to all
	11:00 – 12:40 pm	<b>Hatha IA</b>	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](mailto:mail@integralyogaSF.org)

2010

March

Events & Workshops

**Monday, March 1**

6:00 – 7:30 pm

Fee: \$ 15

**Chant Yourself to Steadiness**

**Ian Waisler**

Come join this work/play-shop on chanting and Patanjali's Eight Limbs of Yoga.

Raise energy, deepen understanding, and bliss-out!

Using our bodies, voices and the wisdom already within us, we'll discuss what it is to engage in Sadhana, and aim for increased clarity around the innermost limbs of this teaching.

**Friday, March 5**

6:00 – 8:00 pm

Fee: By donation

**Knitting Circle**

**Saraswati Takahashi**

Experience the joy of combining two ancient practices:

Knit one OM, Knit two OM, Knit three OM!

Practitioners learn to cultivate an inner state of peace while creating something beautiful.

**Sunday, March 7**

11:00 – 11:45 pm

Fee: \$20 per family

**Family Yoga**

**Madhuri Flynn**

Share yoga with your children and discover fun ways to connect with stories, yogic games, asanas, meditation, and more. (First Sunday of each month, except April.)

Madhuri conducts the Yoga for Children Teacher Trainings.

**Friday, March 12 & 26**

6:00 – 8:00 pm

Fee: By donation

**Kirtan**

**Jyothi Weber and Amala Pallitto**

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!

**Tuesday, March 9 & 23**

6:00 – 7:30 pm

Fee: \$ 15

**Laughing Meditation**

**Dee Benefield**

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.

**Thursday, March 18**

6:00 – 8:30 pm

Fee: \$ 20

**Super Nutrition for Super Yogis**

**Madhuri Flynn**

Take your nutrition to the next level. Learn about traditional herbs to enhance Asana

and meditation practice. Learn ancient simple ideas on how to receive the most from Mother Nature through your relationship with Earth, Water, Sun, Air and the mysterious fifth element.

**Monday, March 22**

11:30 am – 12:40 pm

Fee: By donation

**Guru Puja**

**IYI Institute**

This devotional service is a time to come together for blessings

from our spiritual teacher, Sri Swami Satchidananda. A puja and a short video of the teachings of Sri Swami Satchidananda will be offered.

**Friday, March 26**

8:00 pm until movie ends

Fee: By donation

**Spiritual Movie Night**

**IYI Institute**

Join our Yoga family for an evening of relaxation, popcorn and a movie

with a spiritual message. Please check on our web site for movie title as the date approaches !

**Tuesday, March 30**

6:00 – 7:30 pm

Fee: \$ 15

**Key to Peace**

**Jerry Bezaire**

Book One of the four books of the Yoga Sutras of Patanjali clearly delineates the aim of Yoga and introduces the methods of yoga.

In this workshop we will fly through every sutra of book one linking them together to view how each sutra connects with the others.

Not only will we survey the sutras but also open ourselves to experience the promise of Yoga.

**Thursday, April 1 -**

**Sunday, April 4**

5:00 pm – 3:00 pm

Fees:

\$ 475 single occupancy

\$ 400 per person shared room

**Winter Weekend Retreat Relax, Reflect and Rejuvenate**

**IYI Institute**

The days will consist of Hatha Yoga, workshops, meditations, and evening programs with time for walks, and delicious vegetarian meals.

Attendance is limited, so please send your check to register by February 15.

We will contact you with a confirmation letter and directions to the retreat site.

Please check on our web site for more information!

**Location:**

770 Dolores Street  
San Francisco, CA 94110

**Ways To Connect:**

For details about our programs, teacher training, store hours / supplies, and other offerings:

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

2010

April

Events & Workshops

<p><b>Thursday, April 1 - Sunday, April 4</b> 5:00 pm – 3:00 pm Fees: \$ 475 single occupancy \$ 400 per person shared room</p>	<p><b>Winter Weekend Retreat Relax, Reflect and Rejuvenate</b> <span style="float: right;"><b>IYI Institute</b></span> The days will consist of Hatha Yoga, workshops, meditations, and evening programs with time for walks, and delicious vegetarian meals. Attendance is limited, so please send your check to register by February 15. We will contact you with a confirmation letter and directions to the retreat site. Please check on our web site for more information!</p>
<p><b>Sunday, April 4</b> 10:00 – 2:00 pm Fee: By donation</p>	<p><b>Easter Celebration and Potluck</b> <span style="float: right;"><b>IYI Institute</b></span> Join us in observing this holy day and its rich message of spiritual freedom and renewal. The program will include a kirtan, puja (worship service), and a festive vegetarian lunch. Please bring a dish to share, with no meat, fish, or eggs.</p>
<p><b>Tuesday, April 6</b> 6:00 – 7:30 pm Fee: \$ 15</p>	<p><b>Laughing Meditation</b> <span style="float: right;"><b>Dee Benefield</b></span> 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.</p>
<p><b>Monday, April 8</b> 6:00 – 7:30 pm Fee: \$ 15</p>	<p><b>Chant Yourself Awake</b> <span style="float: right;"><b>Ian Waisler</b></span> A fun and creative exploration of Yoga fundamentals, using the magical technologies of voice, breath and focus. Come chant, discuss and synthesize! Using simple Sanskrit chants as a point of departure, we'll visit each of our koshas (subtle bodies) and get to know our yogic anatomy.</p>
<p><b>Friday, April 9</b> 6:00 – 8:00 pm Fee: By donation</p>	<p><b>Kirtan</b> <span style="float: right;"><b>Jyothi Weber and Amala Pallitto</b></span> 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!</p>
<p><b>Tuesday, April 20</b> 6:00 – 7:30 pm Fee: \$ 15</p>	<p><b>Laughing Meditation</b> <span style="float: right;"><b>Dee Benefield</b></span> 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.</p>
<p><b>Monday, April 22</b> 11:30 am – 12:40 pm Fee: By donation</p>	<p><b>Guru Puja</b> <span style="float: right;"><b>IYI Institute</b></span> This devotional service is a time to come together for blessings from our spiritual teacher, Sri Swami Satchidananda. A puja and a short video of the teachings of Sri Swami Satchidananda will be offered.</p>
<p><b>Friday, April 23</b> 6:00 – 8:00 pm Fee: By donation</p>	<p><b>Kirtan</b> <span style="float: right;"><b>Jyothi Weber and Amala Pallitto</b></span> 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!</p>
<p><b>Friday, April 23</b> 8:00 pm until movie ends Fee: By donation</p>	<p><b>Spiritual Movie Night</b> <span style="float: right;"><b>IYI Institute</b></span> Join our Yoga family for an evening of relaxation, popcorn and a movie with a spiritual message. Please check on our web site for movie title as the date approaches !</p>

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