Class Schedule

*Notes: Special events are **bold** and * indicates additional tuition required.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11/6 10a Rasa Stability 5p Rasa Jai	11/7 **6a Samyama Sadhana & Satsang Challenge*** 9a Rasa Fundamentals 10a Rasa Foundation 5p Rasa Foundation 5:30p Buti Yoga 6p Vira Rasa Flow Fundamentals **7:15p Being Yoga All-Invited/Holiday Campaign Kick-off**	11/8 **6a Samyama Sadhana & Satsang Challenge*** 10a Rasa Foundation 12p Peaceful Flow 5:30p Medical Qigong **6p Supplemental Ayurveda Tuesdays***	11/9 **6a Samyama Sadhana & Satsang Challenge*** 6a Rasa Foundation 10a Vira Rasa Flow Fundamentals **5:30p Being Ayurveda*** 7:15p Shanti Rasa Flow	11/10 **6a Samyama Sadhana & Satsang Challenge*** 10a Rasa Fundamentals 11:15a Rasa Pranayama & Meditation 12p Rasa Nidra Plus 6:30p Vira Rasa Flow **6:30p Rasa Pranayama & Meditation** 7:15p Rasa Nidra Plus	11/11 **6a Samyama Sadhana & Satsang Challenge*** 10a Vira Rasa Flow Fundamentals 12p Rasa Nidra Plus 5:30p Rasa Foundation	11/12 9a Rasa Foundation 9a Vira Rasa Flow **6:30a-5p Weekend Intensive: Yoga as Self Mastery***
Your Daily Plan/Intention						
11/13 10a Rasa Stability 5p Rasa Jai **6:30a-5p Weekend Intensive: Yoga as Self Mastery***	11/14 6a Rasa Foundation and Focus 9a Rasa Fundamentals 10a Rasa Foundation 5p Rasa Foundation 5:30p Buti Yoga 6p Vira Rasa Flow Fundamentals **7p Being Yoga***	11/15 6a Rasa Foundation and Focus 10a Rasa Foundation 12p Peaceful Flow 5:30p Medical Qigong **6p Supplemental Ayurveda Tuesdays***	11/16 6a Rasa Foundation 10a Vira Rasa Flow Fundamentals **5:30p Being Ayurveda*** 7:15p Shanti Rasa Flow	11/17 6a Rasa Jai 10a Rasa Fundamentals 11:15a Rasa Pranayama & Meditation 12p Rasa Nidra Plus 6:30p Vira Rasa Flow **6:30p Rasa Pranayama & Meditation** 7:15p Rasa Nidra Plus	11/18 6a Vira Rasa Flow Fundamentals 10a Vira Rasa Flow Fundamentals 12p Rasa Nidra Plus 5:30p Rasa Foundation	11/19 9a Rasa Foundation 9a Vira Rasa Flow
Your Daily Plan/Intention						
11/20 **9:30a Rasa Pranayama & Meditation** **10a Rasa Nidra Plus w/ Sound Bath**	11/21 6a Rasa Foundation and Focus 10a Rasa Foundation 5:30p Buti Yoga 6p Rasa Foundation **7p Being Yoga***	11/22 6a Rasa Foundation and Focus 10a Rasa Fundamentals 12p Peaceful Flow 5:30p Medical Qigong **6p Rasa Asana Immersion Class***	11/23 10a Vira Rasa Flow Fundamentals	11/24 **School closed** ***Happy Thanksgiving!*** 	11/25 6a Vira Rasa Flow Fundamentals **12p Special Class with Padma "Come Home to Center"**	11/26 9a Rasa Foundation 9a Vira Rasa Flow
Your Daily Plan/Intention						
11/27 **10a Gratitude Foundation with Padma**	11/28 6a Rasa Foundation and Focus 9a Rasa Fundamentals 10a Rasa Foundation 5p Rasa Foundation 5:30p Buti Yoga 6p Vira Rasa Flow Fundamentals **7p Rasa Asana Immersion Class***	11/29 6a Rasa Foundation and Focus 10a Rasa Foundation 12p Peaceful Flow 5:30p Medical Qigong	11/30 6a Rasa Foundation 10a Vira Rasa Flow Fundamentals 7:15p Shanti Rasa Flow	12/1 6a Rasa Jai 10a Rasa Fundamentals 11:15a Rasa Pranayama & Meditation 12p Rasa Nidra Plus 6:30p Vira Rasa Flow **6:30p Rasa Pranayama & Meditation** 7:15p Rasa Nidra Plus	12/2 6a Vira Rasa Flow Fundamentals 10a Vira Rasa Flow Fundamentals 12p Rasa Nidra Plus 5:30p Rasa Foundation	12/3 9a Rasa Foundation 9a Vira Rasa Flow
Your Daily Plan/Intention						
12/4 10a Rasa Stability 5p Rasa Jai	12/5 6a Rasa Foundation and Focus 10a Rasa Foundation 5p Rasa Foundation 5:30p Buti Yoga 6p Vira Rasa Flow Fundamentals **7p Being Yoga* (with Padma live from Costa Rica)**	12/6 6a Rasa Foundation and Focus 10a Rasa Foundation 12p Peaceful Flow 5:30p Medical Qigong **6p Supplemental Ayurveda Tuesdays***	12/7 6a Rasa Foundation 10a Vira Rasa Flow Fundamentals **5:30p Being Ayurveda*** 7:15p Shanti Rasa Flow	12/8 6a Rasa Jai 10a Rasa Fundamentals 11:15a Rasa Pranayama & Meditation 12p Rasa Nidra Plus 6:30p Vira Rasa Flow **6:30p Rasa Pranayama & Meditation** 7:15p Rasa Nidra Plus	12/9 6a Vira Rasa Flow Fundamentals 10a Vira Rasa Flow Fundamentals 12p Rasa Nidra Plus 5:30p Rasa Foundation	12/10 9a Rasa Foundation 9a Vira Rasa Flow **10:15a Awaken Ayurveda**
Your Daily Plan/Intention						

Holiday Campaign

November 7, 2022 – January 6, 2023

RASA YOGA

Nourishing Your 3 Bodies

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12/11 **9:30a Rasa Resonance** 10a Rasa Stability 5p Rasa Jai	12/12 6a Rasa Foundation and Focus 10a Rasa Foundation 5p Rasa Foundation 5:30p Buti Yoga 6p Vira Rasa Flow Fundamentals **7:15p Being Yoga All-Invited**	12/13 6a Rasa Foundation and Focus 10a Rasa Foundation 12p Peaceful Flow 5:30p Medical Qigong **6p Supplemental Ayurveda Tuesdays***	12/14 6a Rasa Foundation 10a Vira Rasa Flow Fundamentals **5:30p Being Ayurveda*** 7:15p Shanti Rasa Flow	12/15 6a Rasa Jai 10a Rasa Fundamentals 11:15a Rasa Pranayama & Meditation 12p Rasa Nidra Plus	12/16 6a Vira Rasa Flow Fundamentals 10a Vira Rasa Flow Fundamentals 12p Rasa Nidra Plus 5:30p Rasa Foundation	12/17 9a Rasa Foundation 9a Vira Rasa Flow **6:30a-2:30p Yoga Cikitsa and Ayurveda Training Module 3***
Your Daily Plan/Intention						
12/18 10a Rasa Stability **9a-3p Yoga Cikitsa and Ayurveda Training Module 3***	12/19 6a Rasa Foundation and Focus 10a Rasa Foundation 5p Rasa Foundation 5:30p Buti Yoga 6p Vira Rasa Flow Fundamentals **7p Being Yoga***	12/20 6a Rasa Foundation and Focus 10a Rasa Foundation 12p Peaceful Flow 5:30p Medical Qigong	12/21 6a Rasa Foundation 10a Vira Rasa Flow Fundamentals **5:30p Being Ayurveda*** 7:15p Shanti Rasa Flow	12/22 6a Rasa Jai 10a Rasa Fundamentals 6:30p Vira Rasa Flow **6:30p Rasa Pranayama & Meditation** 7:15p Rasa Nidra Plus	12/23 6a Vira Rasa Flow Fundamentals 10a Vira Rasa Flow Fundamentals 12p Rasa Nidra Plus 5:30p Rasa Foundation	12/24 **9a Rasa Foundation Festivus**
Your Daily Plan/Intention						
12/25 **School closed** ***Merry Christmas!*** 	12/26 6a Rasa Foundation and Focus 10a Rasa Foundation 5p Rasa Foundation 5:30p Buti Yoga 6p Vira Rasa Flow Fundamentals	12/27 6a Rasa Foundation and Focus 12p Peaceful Flow	12/28 6a Rasa Foundation 10a Vira Rasa Flow Fundamentals 7:15p Shanti Rasa Flow	12/29 6a Rasa Jai 10a Rasa Fundamentals **11a Awaken Meditation** 12p Rasa Nidra Plus **6p Awaken Meditation** 6:30p Vira Rasa Flow 7:15p Rasa Nidra Plus	12/30 6a Vira Rasa Flow Fundamentals 10a Vira Rasa Flow Fundamentals 12p Rasa Nidra Plus 5:30p Rasa Foundation	12/31 **9a Rasa Foundation Festivus** **5:30-8p Intention Setting & Special Meditation with Padma**
Your Daily Plan/Intention						
1/1 **School closed** ***Happy New Year!*** 	1/2 6a Rasa Foundation and Focus 10a Rasa Foundation 5p Rasa Foundation 5:30p Buti Yoga 6p Vira Rasa Flow Fundamentals	1/3 6a Rasa Foundation and Focus 10a Rasa Foundation 12p Peaceful Flow 5:30p Medical Qigong	1/4 6a Rasa Foundation 10a Vira Rasa Flow Fundamentals 7:15p Shanti Rasa Flow	1/5 6a Rasa Jai 10a Rasa Fundamentals **11a Awaken Your Leadership** 12p Rasa Nidra Plus **6p Awaken Your Leadership** 6:30p Vira Rasa Flow 7:15p Rasa Nidra Plus	1/6 6a Vira Rasa Flow Fundamentals 10a Vira Rasa Flow Fundamentals 12p Rasa Nidra Plus 5:30p Rasa Foundation	1/7 9a Rasa Foundation 9a Vira Rasa Flow
Your Daily Plan/Intention						

Become a Sunrise Warrior!

Celebrate the rebirth of light and create momentum for each day!

Starting 11/14, New Morning Classes:

- Monday 6-7 am Rasa Foundation & Focus (new!)
- Tuesday 6-7 am Rasa Foundation & Focus (new!)
- Wednesday 6-7 am Rasa Foundation (existing)
- Thursday 6-7 am Rasa Jai (new!)
- Friday 6-7 am Vira Rasa Flow Fundamentals (new!)