



ATMA CENTER

8 Week Schedule Oct. 12th - Dec. 6th, 2020

Check online for holiday & schedule changes

2319 Lee Road - Cleveland Hts. 216-371-9760 www.atmacenter.com

Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Shaded - Students who have significant prior yoga experience &/or with permission.

Shaded - Donation based classes. Please consider a donation to the Cleveland Food Bank

9:30-10:45 AM Healthy Backs Back Studio Michelle	9:15-10:45 AM Foundation B Back Studio Atmarupa		9:15-10:45 AM Intermediates Back Studio Raghnath	9:30-11:00 AM Foundation B Front Studio Devadhyanam	8:30-10:00 AM Foundation B Front Studio Jyotsna	8:30-10:00 AM Intermediates Front Studio Atmarupa
9:30-10:45 AM Foundation A Front Studio Devadhyanam	9:30-10:45 AM Foundation A Front Studio Katarina	9:15-10:30 AM Yoga for Inner Peace Back Studio Katarina	9:30-10:45 AM Foundation A Front Studio Linda K		10:30-11:45 AM Yoga for Anxiety Front Studio Atmarupa	9:00-10:15 AM Slow Flow & More Back Studio Julie
12:00-1:00 PM Monday Reboot Front Studio Denise Clement		9:30-10:45 AM All Levels Front Studio Linda E-W	1:00-2:00 Chair Yoga Front Studio Julie	12:00-1:00 PM All Levels Front Studio Jyotsna		10:30-11:45 AM Foundation A Front Studio Atmarupa
5:30-6:15 PM Breathe & Heal Front Studio Atmarupa	4:00-5:30 PM Healthy Aging Front Studio Deb Klein	12:00-1:15 PM Foundation A Front Studio Linda K				
	6:00-7:30 PM Foundation C Back Studio Kapil Agrawal	5:30-6:45 PM Slow Flow & More Back Studio Julie	5:30-6:15 PM Yoga Nidra/Med 1 Front Studio Devadhyanam		4:30-5:00 PM Chanting (free) separate link Atmarupa	
6:30-7:30 PM Yoga Nidra/Med 2 Front Studio Atmarupa	6:15-7:30 PM Healthy Backs Front Studio Julie	6:30-8:00 PM Intermediates Front Studio Atmarupa			Private Yoga Classes & Yoga Therapy Available to Fit Your Schedule. Call or Check Online.	

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