

 ATMA CENTER		8 Week Schedule Jan 4th - Feb 28th, 2021				
2319 Lee Road - Cleveland Hts. 216-371-9760 www.atmacenter.com					Check online for holiday & schedule changes	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 Jyotsna		9:15-10:45 AM Intermediates Back Studio Raghunath	9:00-9:30 Meditation Back Studio Linda Kabat	8:30-10:00 AM Foundation B Front Studio Raghunath	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	9:30-11:00 AM Foundation B Front Studio Devadhyanam	10:30-11:45 AM Yoga for Anxiety Front Studio Atmarupa	9:00-10:15 AM Slow Flow & More Back Studio Julie
		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 Deepening 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	7:00-8:15 PM Yin Yoga Front Studio Lillie		Private Yoga Classes & Yoga Therapy Available to Fit Your Schedule. Call or Check Online.	