



**415 North Paseo de Onate, Española**  
*near the entrance to Española Hospital*  
**Summer Yoga Schedule**  
*June 1 through August 23, 2009*

**Mon 6:00 - 7:15 pm**

*~ Yoga for Stress and Vitality - Gurumeet*

**Tue 6:30 - 7:45 pm**

*~ Kundalini Yoga & Body Aliveness - Deva Kaur*

**Wed 6:00 - 7:15 pm**

*~ Yoga for Stress & Vitality - Gurumeet*

**Thur 6:30 - 7:45 pm**

*~ Healing Yoga - Dr. Kartar*

**Sat 12:00pm - 1:15 pm**

*~ Beginner's Kundalini Yoga - Sandra (Guru Shanti)/Sally (Jap Hari)*

**Sun 8:30 - 10 am**

*~ Yoga for Joy and Inner Peace- Har Nal Kaur*

**505-747-3739**

