



ATMA CENTER

8 Week Schedule October 11th – Dec 5th, 2021

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 Jyotsna		9:15-10:45 AM Intermediates Front Studio Jyotsna		9:00-10:15 AM Vin to Yin Front Studio Bethany	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 All Levels Front Studio Katarina		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
			1:00-2:00 Chair Yoga Front Studio Linda E-W	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				
		6:00-7:15 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	6:30-7:45 PM Vin to Yin Front Studio Bethany		Private Yoga Classes & Yoga Therapy Available to Fit Your Schedule. Call or Check Online.	