

Soul Body Ojai Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 am - 7:00 am Community Aquarian Sadhana Chanting and Yoga at sunrise FREE		8:30 am - 9:45 am Kundalini Yoga & Sound Healing with Tara Matthews \$10 suggested donation			
		10:00 am - 11:15 am Prenatal Yoga with Jennifer Maraccini \$15 suggested donation	10:00 am - 11:15 am Kundalini Yoga with Shiva Preet \$15		10:00 am - 11:30 am Kundalini Yoga & Meditation for Women with Jennifer Maraccini \$15
		12:00 pm - 1:15 pm Relax & Restore Yoga for everyone with Jennifer Maraccini \$15 suggested donation			
	7:00 pm - 8:15 pm Kundalini Yoga & Gong Meditation with Nikki Nicoletto \$10	7:00 pm - 8:00 pm Kundalini Yoga with Rachel Santa Olalla \$15			

Calendar Date: Sept 1, 2019

Please visit: www.soulbodyojai.com for most current schedule