

## Soul Body Ojai Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 am - 7:00 am <b>Aquarian Sadhana                      Sunrise Chanting                      and Yoga</b> *Not Every Sunday! Please check Events for more info.				8:30 am - 9:45 am <b>Kundalini Yoga &amp;                      Sound Healing</b> with Tara Matthews \$10 suggested donation	
			10:00 am - 11:15 am <b>Kundalini Yoga</b> with Shiva Preet \$15		10:00 am - 11:30 am <b>Kundalini Yoga &amp;                      Meditation for                      Women</b> with Jennifer Marcaccini \$15
		12:00 pm - 1:15 pm <b>Relax &amp; Restore                      Yoga for everyone</b> with Jennifer Marcaccini \$15 suggested donation			
	7:00 pm - 8:15 pm <b>Kundalini Yoga &amp;                      Gong Meditation</b> with Nikki Nicoletto \$10		7:00pm - 8:00pm <b>Gong Yoga Nidra</b> with Soul Body Teachers \$15		

Calendar Date: Mar 3, 2020

Please visit: [www.soulbodyojai.com](http://www.soulbodyojai.com) for most current schedule