



ASHTANGA YOGA

long island

Schedule of classes

	sun	mon	tue	wed	thu	fri	sat
morning	6:00am						
	7:00am	* Mysore	Full Primary	* Mysore	Half Primary	* Mysore	Half Primary
	9:00am		Intro to AVY			Intro to AVY	
	12:00m						
evening	4:00pm						
	5:00pm	* Mysore	Half Primary	* Mysore	Half Primary	* Mysore	
	7:00pm		Half Primary		Full Primary		
	9:00pm						

* Mysore classes will be replaced with led classes on moon days, check our website for more information

www.ashtangayogalongisland.com