

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	6:30 - 7:30 am Solar Flow Maggie		6:30 - 7:30 am Solar Flow Maggie ♡				
8:30am	8:30 - 9:30 am Opening Flow 1 Carlye	8:30 - 9:30 am Soul Flow 2 Heidi	8:30 - 9:30 am Opening Flow 1 Heather	8:30 - 9:30 am Soul Flow 2 ♡ Heidi	8:30 - 9:30 am Opening Flow 1 Sarah	🔥 8:15 - 8:45 am Meditation - Free!	
9:00am						9:00 - 10:30 am Soul Flow 2 Lisa Mae	9:00 - 10:30 am Ecstatic Flow 3 Matt
10:00am	10:00 - 11:30 am Soul Flow 2 Carlye	10:00 - 11:30 am Opening Flow 1 Tasha	10:00 - 11:30 am Soul Flow 2 Diana	10:00 - 11:30 am Opening Flow 1 Tasha	10:00 - 11:30 am Soul Flow 2 ♡ Matt		
11:00am						11:00 - 12:30 pm Ecstatic Flow 3 Diana	11:00 - 12:30 pm Soul Flow 2 ♡ Heidi
12:00pm	12:00 - 1:30 pm Ecstatic Flow 3 Lisa Mae	12:00 - 1:30 pm Ecstatic Flow 3 Diana	12:00 - 1:45 pm Bhakti Flow 4 Lisa Mae	12:00 - 1:30 pm Ecstatic Flow 3 Diana	12:00 - 1:30 pm Ecstatic Flow 3 Matt		
1:00pm						1:00 - 2:30 pm ♡ Yoga for Total Rookies Shop Family	1:00 - 2:30 pm Harmony Flow Heather
4:00pm	4:00 - 5:15 pm Pre-Natal Flow Heather	4:00 - 5:00 pm Soul Flow 2 Maggie	🔥 4:00 - 5:00 pm Karma Flow Shop Family	4:00 - 5:00 pm Soul Flow 2 Maggie	🔥 4:00 - 5:00 pm Donation Flow Shop Family		
5:30pm	5:30 - 6:45 pm ♡ Ecstatic Flow 3 Tasha	5:30 - 6:45 pm Soul Flow 2 Lisa Mae	5:30 - 6:45 pm Ecstatic Flow 3 Monicka	5:30 - 6:45 pm Soul Flow 2 Diana	5:30 - 6:45 pm Soul Flow 2 Heather		🔥 Kirtan: Second Sunday each month 6-8 pm
7:00pm	7:00 - 8:00 pm Soul Flow 2 Monicka	🔥 7:00 - 8:00 pm Donation Flow Shop Family	7:00 - 8:00 pm Soul Flow 2 Tally	7:00 - 8:00 pm Restorative Flow Sarah			7:00 - 8:00 pm Soul Flow 2 Marianne

(No class on 2nd Sundays)



\$13 - drop in
 \$130 - monthly unlimited
 \$100 - 10 class card
 \$55 - 5 class card
 \$10 - drop in for 1 hour class
 ♡ \$8 - Seva Classes (for those on a budget)
 🔥 Free or by donation
 Hi-Five! \$5 classes on the 5th of every month

New Students: 1 week unlimited yoga for \$20!

Closed Independence Day and Labor Day

Private classes available.
 Contact us via email for details.

Check our website, www.thebhaktishop.com for class descriptions



the bhaktishop

celebrate your yoga. breathe love.

2500 SE 26th Ave Portland OR 97202 503.244.0108
www.thebhaktishop.com

Moving with Intention: A dance class series for Everyone with Monicka

Saturday June 6, August 8, and Sept. 12 from 3-5pm \$15

An experiential journey into the depths of your creative moving self. Turn your attention to the interconnectedness of the mind, body, and spirit, and begin to open the doors of your expressive souls by utilizing such inspirational tools as sequencing, improvisation, composition, asana, writing, drawing, sound, contact, etc. This is a class for anyone!

The Great Summer Solstice 108 with Lisa Mae

Saturday June 20th, 9-11am in Piccolo Park, right behind the Bhaktishop on SE 27th Ave. Cash donation or class card

Join us for this outdoor celebration of the light on the mat (well, on the grass, actually..) Come throw down 108 sun salutations (or not) to the 4 directions and discover your own solar-powered sadhana in this timeless ritual. Please bring a mat or towel, meet us in Piccolo Park, and get ready to bow to your beautiful life. Rain? We will party indoors at The Bhaktishop!

The Om Cycle: Awakening Radiance with Diana

A New Moon Practice Each Month, 6-7:30am

Mon- 6/22, Tues- 7/23, and Thurs- 8/20

Join Diana in a series of practices organized around the new moons of 2009. Use your practice as a way of creating a ritual around the unending cycle of change and transformation, like the Om cycle itself. Cultivate sacredness, radiance and appreciation for your own totally human cycle. All levels welcome, class cards or drop-in.

Celebrate Your Yoga Bike Ride!

Wednesday, June 24th, 5:15pm with Tasha FREE!!

5:15pm at Colonel Sumner Park, SE 18th and Taylor

Bring a yoga mat (or a towel, we don't care) to take a fun, outdoor ride thru four SE Portland's parks on the way to The Bhaktishop for some awesome outdoor yoga! Our second annual Pedalpalooza event, celebrating all things bikey with a fun, family-friendly ride, ending at the Shop with treats and music. All are welcome!

Kirtan with Sita

Saturday June 27th from 7:30-9:30pm \$15

Please join us in welcoming this beautiful kirtan wallah as she sings sweetly from the heart. Sita has been chanting for many years and brings her delightfully deep voice to the hallowed walls of The Bhaktishop this summer, all for you! Visit www.sitachants.com for more information...

Sunset Yoga in the Park With The Bhaktishop Family!

Save the dates for these classes held outside in Piccolo Park, on SE 27th Ave. right behind The Bhaktishop, from 7-8pm \$10

Mon- 7/6 and 8/3, and Weds- 7/22 and 8/19

Get your yoga on with us outdoors! Join Monicka and Tally at their regular class times listed above for some beautiful yoga fun in the sunset hours of lovely Piccolo Park. Bring a mat or a towel and meet us at the Eastern side of the park for a blissful hour of pure yoga joy!

Guru Purnima Practice with Lisa Mae

Tuesday morning, July 7th, 4-6am (not kidding!) by donation

The annual celebration of the full moon in July, and that's right, people, we start at 4am as the sun comes up over our beautiful lives. Celebrate all teachers, gurus, and gifts everywhere through yoga. Held open-practice style, you can come in anytime from 4-6am, throw down your own practice in offering to your teachers, and bring something for the altar.

Yoga For Cyclists With Tasha

Saturday, July 18 from 3-5pm, \$20

Learn some focused yoga sequences specific to biking and have some fun while you stretch out your stiff legs, hips and backs from riding. Also learn breath techniques to keep you focused on the trail or road, the famous "yogi bicycle" exercise, and ways to strengthen those muscles that get you up the hill! Ever wanted to "track-stand" at a stoplight? All levels of yogis and riders welcome.

Summer Love Kirtan with Lolo Woods

Friday July 24th from 8-10pm, \$12

Sing your hearts out, call on the warrior within, and celebrate community spirit with our dear Lolo Woods. Her stories, amazing voice, and chant-happy soul helps remind us all to expand into freedom! Chant and be HAPPY!

Flight School! An Arm Balancing Workshop with Heidi Jo

Sunday July 26th, 4-6pm \$20

Find out the secrets to flight! Struggling with hand and arm balances, or ready to get "off the wall" in handstand? Check out this uplifting workshop with Heidi, understanding your own flying up powers hidden within uddiyana bandha, your breath, and the lightness of your spirit. Be FREE!

Yoga For Runners with Marianne

Saturday, August 22nd from 3-5pm \$20

Keep your runner's high going! In this workshop, you'll learn poses aimed at creating flexibility and balance in the legs and hips and strength in the core, just what every runner needs. No previous yoga experience required - all levels welcome.

Labor Day Asana Party With Marianne

Monday, September 7th from 10-11:30am (no other classes on this day)

Join Marianne as she brings you sweet relief from all the workworkwork, Bhaktishop-style, on Labor Day. Exhale big on the mat in this sweet, luxurious dip into asana and breath and FREEDOM! Class cards or drop-in and all levels welcome.