



the bhaktishop

celebrate your yoga. breathe love.

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

Family Kirtan for One and All

Join Mala, our house kirtan band, all summer long as we sing and sway with the divine breath in sweet and heart-lifting Second Sunday kirtans each month from 6-8pm. By donation directly to the community, we welcome you all into the bliss. June 13, July 11 and August 8. And, as if that weren't enough, our Live CD, I Love You, is on sale at The Bhaktishop as a benefit for Hospice of Washington County.

Celebrate Summer Solstice with the Great 108 Sun Salutations!

Saturday, June 19th from 9-11am

Drop-in and class cards welcome

Join Lisa Mae and the whole family in Piccolo Park (SE 27th between Division and Clinton, right behind the Shop) for some yoga lovin' outdoors. Bring a mat or a towel for the grass, and get yourself deeply immersed in celebrating the arrival of the summertime with 108 (or any derivative thereof...) solar-powered Surya Namaskars. This is a fun, all-levels-welcome celebration, and dangit, if it rains we will celebrate indoors at The Bhaktishop. From the darkness to the light...

Pedalpalooza Portland's Yoga=Love Bike Ride!

Wednesday, June 23rd 5:15pm

Hosted by Maggie, with love from Lisa Mae and Diana

Free!! Meet up in Col. Sumner Park (SE Taylor and 17th) at 5:15pm with your mat or a towel and get in on some free, park-to-park, outdoor yoga love with The Bhaktishop Family! Finish at Piccolo Park behind the Shop for snacks and lounging in the grass. Celebrate summer, your bike, and YOGA!

Outdoor Yoga Classes In Piccolo Park

Wednesday, July 14th at 7pm with Tally

Monday, July 19th at 7pm with Monicka

Tuesday, July 27th at 4pm with Joanna

Get your asana outside this summer in sweet little Piccolo Park, and enjoy the sunshine and brightness of this amazing life with your fearless teachers. Bring your mat or a towel and meet in the park (SE 27th between Division and Clinton, right behind the Shop.) In case of rain, classes will be held indoors.

Partner Pre-Natal Yoga Practice for Parents with Heather

Saturday, June 26 3-5pm \$20 per couple

As you prepare for the birth of your baby, prenatal yoga is a wonderful way to explore your journey. And what's more fun than to do so with your partner? This workshop is an opportunity for couples to connect more deeply with one another through the giving and receiving of a gentle partner practice. No experience required.

Opal Creek! Yoga in The Ancient Forest Retreat

With Monicka and Tasha, and guests Ali and Ariel

Friday, July 30th- Sunday August 1st

Get outdoors into one of the last uncut forests in the Northwest for a sweet dive into summer's iciest creek, deep and loungey yoga classes, and a celebration of Oregon's awesomeness! Check www.thebhaktishop.com for details, and register at www.opalcreek.org.

Summer of Love—The Cheapest Yoga Retreat Ever!

Beverly Beach State Park, Oregon Coast

Friday September 3rd- Monday September 6th with The Bhaktishop Family

\$108 (yep, that includes everything!)

Camping, your friends, the Oregon coast, tons of yoga... What more could you ask for on a holiday weekend in summer? Details on the retreats page, this one is selling out fast...

Labor Day Schedule

All classes held as per usual on Saturday Sept. 4th

Rock your Labor Day right with yoga all weekend...Sunday Sept 5th all classes as per usual except 7pm, which is cancelled. Monday, Labor Day, one class at 10am with Monicka, all levels.

Kirtan with Sean Johnson and the Wild Lotus Band!

Sunday, September 19, 7-9pm \$15 (no 7pm class this evening)

Set your hearts and heels in motion with another amazing evening of chanting with our favorite traveling kirtan singers from festive New Orleans. We are excited to welcome them back to our chanting house to sing and celebrate with YOU!

Vedic Astrology Weekend with Dennis Flaherty

Friday, September 24th 7:30-9:30pm Astrological Typecasting and Partnering Talk, \$15

Saturday, September 25th, 1-5:30pm Astrology, Gemstones and Color Workshop,

according to your own birth chart. \$65

Join renowned Vedic Astrologer Dennis Flaherty as he rocks our stars and cosmos with this weekend of astrological awesomeness!

Indian Summer at Breitenbush with Lisa Mae and Diana

Sunday October 3-Tuesday October 5th

Register directly with Breitenbush (at least 2 weeks prior) at (503) 854-3320

Celebrate the mystical practices of asana, pranayama, meditation, kirtan and satsang immersed in a few of India's greatest stories and epics, twisting and turning the paths of dharma and bhakti, with the breath and spirit as your guide. 3 sweaty practices, 2 meditations and an evening of singing to the divine might just inspire a renewal of the epic journey of YOUR life!

June 1st - Sept 1st	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	6:15 - 7:15 am Solar Flow Matt		6:15 - 7:15 am Solar Flow Maggie		6:15 - 7:15 am Solar Flow Maggie		
8:30am	8:30 - 9:30 am Opening Flow 1 Jeannie	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 Jeannie ♥	🕯️ 8:15 - 8:45 am Meditation - Free!	🕯️ 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 Marianne ♥	10:00 - 11:30 am Opening Flow 1 Heidi	10:00 - 11:30 am Soul Flow 2 Diana	10:00 - 11:30 am Opening Flow 1 Monicka	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 Opening Flow 1 Tasha ♥	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 Joanna	🕯️ 4:00 - 5:00 pm Karma Flow 1 Shop Family	4:00 - 5:00 pm Soul Flow 2 Joanna ♥	🕯️ 4:00 - 5:00 pm Donation Flow 1 Shop Family		
5:30pm	5:30 - 6:45 pm Ecstatic Flow 3 Tally	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 Tasha	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 1 Shop Family	7:00 - 8:00 pm Soul Flow 2 Tally	7:00 - 8:00 pm Restorative Lounge Jeannie			7:00 - 8:00 pm Soul Flow 2 Tasha ♥



\$13 - drop in
 \$55 - 5 class card
 \$100 - 10 class card
 \$180 - 20 class card
 \$130 - monthly unlimited
 \$10 - drop in for 1 hour class
 ♥ \$8 - Seva Classes (for those on a budget)
 🕯️ Free or by donation

Awesome Specials All Summer!
 June- ALL 1 hour classes are \$8
 July- Monthly Unlimited for \$108
 August- 10 class card for \$90

Holiday Schedules:
 Independence Day Class at 10am (All Levels) with Heidi
 Labor Day Class at 10am (All Levels) with Monicka

Check our website, thebhaktishop.com for class descriptions

(No class on 2nd Sundays)

