

**Body & Soul Pose - yogabymoj.com**  
**Yoga Classes Calendar - Feb/Mar 2012**

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 23 - 12:00-1:00pm Inspired Anusara Yoga (Roble Gym 57, Stanford)- - 1:00-1:40pm Relaxation, Meditation & Breathing (Roble Gym 57, Stanford)	24	25 - 7:30-8:30am Good Morning Sun (Blue Iris) - 9:00-11:45am Senior Fitness & Yoga (Palo Alto Commoms) - 12:15-1:00pm Stretch & Flex (Burnham Pavilion, Stanford)	26 - 9:45-10:45am Private Lesson - 11:30-12:25pm Inspired Anusara Yoga (Roble Gym 57, Stanford) - 12:30-1:30pm Inspired Anusara Yoga (Roble Gym 57, Stanford) - 7:15-8:30pm Yoga 101 - 4wk series (Blue Iris)	27 - 9:15 -10:30am Subbing, Inspired Anusara Yoga (Yoga of Los Altos) - 11:00-11:55am Inspired Anusara Yoga (SLAC, Stanford) - 12:00-1:00pm Inspired Anusara Yoga (SLAC, Stanford)
30 - 12:00-1:00pm Inspired Anusara Yoga (Roble Gym 57, Stanford)- - 1:00-1:40pm Relaxation, Meditation & Breathing (Roble Gym 57, Stanford)	31 - 12:00-1:00pm Breath to Relax 5-Lecture Series (Green Earth Sciences Bldg, Rm 131, Stanford)	Feb 1 - 7:30-8:30am Good Morning Sun (Blue Iris) - 9:00-11:45am Senior Fitness & Yoga (Palo Alto Commoms) - 12:15-1:00pm Stretch & Flex (Burnham Pavilion, Stanford)	2 - 9:45-10:45am Private Lesson - 11:30-12:25pm Inspired Anusara Yoga (Roble Gym 57, Stanford) - 12:30-1:30pm Inspired Anusara Yoga (Roble Gym 57, Stanford) - 5:45 -7:00pm Subbing, Inspired Anusara Yoga (Blue Iris) - 7:15-8:30pm Yoga 101 - 4wk series (Blue Iris)	3 - 11:00-11:55am Inspired Anusara Yoga (SLAC, Stanford) - 12:00-1:00pm Inspired Anusara Yoga (SLAC, Stanford)  Sunday 8:00-9:15am Subbing, Inspired Anusara Yoga (Blue Iris)
6 - 12:00-1:00pm Inspired Anusara Yoga (Roble Gym 57, Stanford)- - 1:00-1:40pm Relaxation, Meditation & Breathing (Roble Gym 57, Stanford)	7 - 12:00-1:00pm Breath to Relax Lecture Series (Green Earth Sciences Bldg, Rm 131, Stanford)	8 - 7:30-8:30am Good Morning Sun (Blue Iris) - 9:00-11:45am Senior Fitness & Yoga (Palo Alto Commoms) - 12:15-1:00pm Stretch & Flex (Burnham Pavilion, Stanford)	9 - 9:45-10:45am Private Lesson - 11:30-12:25pm Inspired Anusara Yoga (Roble Gym 57, Stanford) - 12:30-1:30pm Inspired Anusara Yoga (Roble Gym 57, Stanford) - 7:15-8:30pm Yoga 101 - 4wk series (Blue Iris)	10 - 11:00-11:55am Inspired Anusara Yoga (SLAC, Stanford) - 12:00-1:00pm Inspired Anusara Yoga (SLAC, Stanford)
13 - 12:00-1:00pm Inspired Anusara Yoga (Roble Gym 57, Stanford)- - 1:00-1:40pm Relaxation, Meditation & Breathing (Roble Gym 57, Stanford)	14 - 12:00-1:00pm Breath to Relax Lecture Series (Green Earth Sciences Bldg, Rm 131, Stanford)	15 - 7:30-8:30am Good Morning Sun (Blue Iris) - 9:00-11:45am Senior Fitness & Yoga (Palo Alto Commoms) - 12:15-1:00pm Stretch & Flex (Burnham Pavilion, Stanford)	16 - 9:45-10:45am Private Lesson - 11:30-12:25pm Inspired Anusara Yoga (Roble Gym 57, Stanford) - 12:30-1:30pm Inspired Anusara Yoga (Roble Gym 57, Stanford)	17 - 11:00-11:55am Inspired Anusara Yoga (SLAC, Stanford) - 12:00-1:00pm Inspired Anusara Yoga (SLAC, Stanford)
20 - 12:00-1:00pm Inspired Anusara Yoga (Roble Gym 57, Stanford)- - 1:00-1:40pm Relaxation, Meditation & Breathing (Roble Gym 57, Stanford)	21 - 12:00-1:00pm Breath to Relax 5-Lecture Series (Green Earth Sciences Bldg, Rm 131, Stanford)	22 - 7:30-8:30am Good Morning Sun (Blue Iris) - 9:00-11:45am Senior Fitness & Yoga (Palo Alto Commoms) - 12:15-1:00pm Stretch & Flex (Burnham Pavilion, Stanford)	23 - 9:45-10:45am Private Lesson - 11:30-12:25pm Inspired Anusara Yoga (Roble Gym 57, Stanford) - 12:30-1:30pm Inspired Anusara Yoga (Roble Gym 57, Stanford)	24 - 11:00-11:55am Inspired Anusara Yoga (SLAC, Stanford) - 12:00-1:00pm Inspired Anusara Yoga (SLAC, Stanford)
27 - 12:00-1:00pm Inspired Anusara Yoga (Roble Gym 57, Stanford)- - 1:00-1:40pm Relaxation, Meditation & Breathing (Roble Gym 57, Stanford)	28 - 12:00-1:00pm Breath to Relax Lecture Series (Green Earth Sciences Bldg, Rm 131, Stanford)	29 - 7:30-8:30am Good Morning Sun (Blue Iris) - 9:00-11:45am Senior Fitness & Yoga (Palo Alto Commoms) - 12:15-1:00pm Stretch & Flex (Burnham Pavilion, Stanford)	Mar 01 - 9:45-10:45am Private Lesson - 11:30-12:25pm Inspired Anusara Yoga (Roble Gym 57, Stanford) - 12:30-1:30pm Inspired Anusara Yoga (Roble Gym 57, Stanford)	2 - 11:00-11:55am Inspired Anusara Yoga (SLAC, Stanford) - 12:00-1:00pm Inspired Anusara Yoga (SLAC, Stanford)
5 - 12:00-1:00pm Inspired Anusara Yoga (Roble Gym 57, Stanford)- - 1:00-1:40pm Relaxation, Meditation & Breathing (Roble Gym 57, Stanford)	6 - 12:00-1:00pm Breath to Relax Lecture Series (Green Earth Sciences Bldg, Rm 131, Stanford)	7 - 7:30-8:30am Good Morning Sun (Blue Iris) - 9:00-11:45am Senior Fitness & Yoga (Palo Alto Commoms) - 12:15-1:00pm Stretch & Flex (Burnham Pavilion, Stanford)	8 - 9:45-10:45am Private Lesson - 11:30-12:25pm Inspired Anusara Yoga (Roble Gym 57, Stanford) - 12:30-1:30pm Inspired Anusara Yoga (Roble Gym 57, Stanford)	9 - 11:00-11:55am Inspired Anusara Yoga (SLAC, Stanford) - 12:00-1:00pm Inspired Anusara Yoga (SLAC, Stanford)
12 - 12:00-1:00pm Inspired Anusara Yoga (Roble Gym 57, Stanford)- - 1:00-1:40pm Relaxation, Meditation & Breathing (Roble Gym 57, Stanford)	13 - 12:00-1:00pm Breath to Relax Lecture Series (Green Earth Sciences Bldg, Rm 131, Stanford)	14 - 7:30-8:30am Good Morning Sun (Blue Iris) - 9:00-11:45am Senior Fitness & Yoga (Palo Alto Commoms) - 12:15-1:00pm Stretch & Flex (Burnham Pavilion, Stanford)	15 - 9:45-10:45am Private Lesson - 11:30-12:25pm Inspired Anusara Yoga (Roble Gym 57, Stanford) - 12:30-1:30pm Inspired Anusara Yoga (Roble Gym 57, Stanford)	16 - 11:00-11:55am Inspired Anusara Yoga (SLAC, Stanford) - 12:00-1:00pm Inspired Anusara Yoga (SLAC, Stanford)