

**Amended Schedule for Yoga Shala while Catherine is teaching in Nicaragua
January 28-February 04.**

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|--------|-----------------|-------------|-----------------------|
| Sat 28 | All Levels | 7-8:30am | sub Shelley |
| Tue 31 | Intro Shadow | 9-10:30am | Shelley |
| | Shadow Yoga | 4:30-5:45pm | no class today |
| | Beginner Yoga | 6-7:15pm | sub Shelley |
| Wed 01 | Shadow Yoga | 7-8:15am | no class today |
| | Beginner Yoga | 8:30-10am | sub Shelley |
| | Intro Shadow | 4:30-5:45pm | no class today |
| | Yoga Basics | 6-7:15pm | Shelley |
| Thu 02 | All Levels Yoga | 9-10:30am | Shelley |
| | Shadow Yoga | 4:30-5:45pm | no class today |
| | Intro Shadow | 4:30-5:45pm | no class today |
| Sat 04 | All Levels Yoga | 7-8:30am | sub Shelley |

Catherine returns Feb 5 and ALLclasses resume Feb 7.

