



KRIPALU ONLINE STUDIO
 January 3–31, 2022
 Kripalu Faculty

JANUARY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2022							1
	2	3 7:00–8:00 am Gentle Yoga <i>Cindy</i>	4 12:00–1:00 pm Pranayama & Meditation <i>Yuval</i>	5 7:00–8:00 am All Levels Yoga <i>Rachael</i>	6 12:00–1:00 pm Vata Balancing Yoga <i>Sarajeen</i>	7 7:00–8:00 am Gentle Yoga <i>Tracy</i>	8
	9	10 7:00–8:00 am Gentle Yoga <i>Christine</i>	11 12:00–1:00 pm Pranayama & Meditation <i>Yuval</i>	12 7:00–8:00 am All Levels Yoga <i>Rachael</i>	13 12:00–1:00 pm Vata Balancing Yoga <i>Sarajeen</i>	14 7:00–8:00 am Gentle Yoga <i>Tracy</i>	15
	16	17 7:00–8:00 am Gentle Yoga <i>Christine</i>	18 12:00–1:00 pm Pranayama & Meditation <i>Yuval</i>	19 7:00–8:00 am All Levels Yoga <i>Rachael</i>	20 12:00–1:00 pm All Levels Yoga <i>Yuval</i>	21 7:00–8:00 am Gentle Yoga <i>Tracy</i>	22
	23	24 7:00–8:00 am Gentle Yoga <i>Christine</i>	25 12:00–1:00 pm Pranayama & Meditation <i>Yuval</i>	26 7:00–8:00 am All Levels Yoga <i>Rachael</i>	27 12:00–1:00 pm Vata Balancing Yoga <i>Sarajeen</i>	28 7:00–8:00 am Gentle Yoga <i>Tracy</i>	29
	30	31 7:00–8:00 am Gentle Yoga <i>Larissa</i>					

**Please note* Times, class types, and instructors are subject to change. All times are EST and will be streamed live via Zoom.