



KRIPALU ONLINE STUDIO  
 February 1–28, 2022  
 Kripalu Faculty

FEBRUARY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2022			<b>1</b> 7:00–8:00 am <b>Yoga Evelyn</b>  12:00–1:00 pm <b>Pranayama &amp; Meditation Yuval</b>	<b>2</b> 7:00–8:00 am <b>Yoga Cindy</b>  12:00–1:00 pm <b>Yoga Dance Yuval</b>	<b>3</b>   12:00–1:00 pm <b>Vinyasa Sarajejan</b>	<b>4</b> 7:00–8:00 am <b>Gentle Yoga Tracy</b>	<b>5</b>
	<b>6</b>	<b>7</b> 7:00–8:00 am <b>Gentle Yoga Christine</b>  12:00–1:00 pm <b>Yoga Nidra Joy</b>	<b>8</b> 7:00–8:00 am <b>Yoga Evelyn</b>  12:00–1:00 pm <b>Pranayama &amp; Meditation Yuval</b>	<b>9</b> 7:00–8:00 am <b>Yoga Rachael</b>  12:00–1:00 pm <b>Yoga Dance Yuval</b>	<b>10</b>   12:00–1:00 pm <b>Vinyasa Sarajejan</b>	<b>11</b> 7:00–8:00 am <b>Gentle Yoga Tracy</b>	<b>12</b>
	<b>13</b>	<b>14</b> 7:00–8:00 am <b>Gentle Yoga Christine</b>  12:00–1:00 pm <b>Yoga Nidra Joy</b>	<b>15</b> 7:00–8:00 am <b>Yoga Evelyn</b>  12:00–1:00 pm <b>Pranayama &amp; Meditation Sarajejan</b>	<b>16</b> 7:00–8:00 am <b>Yoga Rachael</b>  12:00–1:00 pm <b>Yoga Dance Jurian</b>	<b>17</b>   12:00–1:00 pm <b>Vinyasa Sarajejan</b>	<b>18</b> 7:00–8:00 am <b>Gentle Yoga Tracy</b>	<b>19</b>
	<b>20</b>	<b>21</b> 7:00–8:00 am <b>Gentle Yoga TBD</b>  12:00–1:00 pm <b>Yoga Nidra Joy</b>	<b>22</b> 7:00–8:00 am <b>Yoga Evelyn</b>  12:00–1:00 pm <b>Pranayama &amp; Meditation Sarajejan</b>	<b>23</b> 7:00–8:00 am <b>Yoga Rachael</b>  12:00–1:00 pm <b>Yoga Dance Toni</b>	<b>24</b>   12:00–1:00 pm <b>Vinyasa Sarajejan</b>	<b>25</b> 7:00–8:00 am <b>Gentle Yoga Tracy</b>	<b>26</b>
	<b>27</b>	<b>28</b> 7:00–8:00 am <b>Gentle Yoga TBD</b>  12:00–1:00 pm <b>Yoga Nidra Joy</b>					

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