

☯ Monday

Indian Traditional Yoga

6:30 pm - 8 pm (Prasad)

☯ Tuesday

Indian Traditional Yoga

9 am - 10:30 (Prasad)

Monk Chat intro to Buddhism (Free)

5:30 pm - 6:30 pm (venerable Chert)

Indian Traditional Yoga

6:30 pm - 8 pm (Prasad)



☯ Wednesday

Indian Traditional Yoga

9 am - 10:30 am (Prasad)

Monk Chat intro to Buddhism (Free)

5:30 pm - 6:30 pm (venerable Chert)

Indian Traditional Yoga

6:30 pm - 8 pm (Prasad)

☯ Thursday

Indian Traditional Yoga

9 am - 10:30 am (Prasad)

Indian Traditional Yoga

6:30 pm - 8 pm (Prasad)

☯ Friday

Indian Traditional Yoga

9 am - 10:30 am (Prasad)

Indian Traditional Yoga

6:30 pm - 7:45 pm (Prasad)

☯ Saturday

Indian Traditional Yoga

9 am - 10:30 am (Prasad)

Khmer Lesson (free)

11 am - 12 pm (teacher Teav)

Indian Traditional Yoga

6:30 pm - 7:45 pm (Prasad)

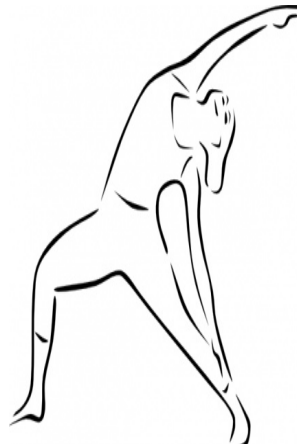
☯ Sunday

Khmer Lesson (free)

9 am - 10 pm (teacher Teav)

Indian Traditional Yoga

11 am - 12:30 pm (Prasad)



Vegetarian Cooking Class everyday at 1pm - 2pm