

**Body & Soul Pose - yogabymoj.com**  
**June/July/Aug 2014**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center"><b>June 16</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford)</p> <p align="center">- 11:00-11:55am Aligned Yoga (ACSR, Stanford)- Sampler Class - 2:15-3:00pm</p> <p align="center">Senior Yoga (The Avant)</p>	<p align="center"><b>17</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford)</p>	<p align="center"><b>18</b></p> <p align="center">- 6:30-7:45am Sunrise Yoga (Yoga of Los Altos) - 9:00-11:45am Senior Fitness &amp; Yoga (Palo Alto Commons) - 12:15-1:00pm Dynamic/Sports Stretch (ADERC #112, Stanford)- Sampler Class</p>	<p align="center"><b>19</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford) - 11:00-11:55am Aligned Yoga (ACSR, Stanford)- Sampler Class - 5:15-6:15pm</p> <p align="center">Yoga Sampler (Arihaga, Stanford)</p>	<p align="center"><b>20</b></p> <p align="center">- 11:00-11:55am Aligned Yoga (SLAC, Stanford)- Sampler Class</p>	<p align="center"><b>21</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford)</p>
<p align="center"><b>Summer Qtr Starts 23</b></p> <p align="center">- 12:00-12:55pm Aligned Yoga (ACERC, Stanford) - 2:15-3:00pm Senior Yoga (The Avant) - 4:00-4:50pm Boot Camp (1070 Arastradero, Stanford)</p>	<p align="center"><b>24</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford)</p>	<p align="center"><b>25</b></p> <p align="center">- 6:30-7:45am Sunrise Yoga (Yoga of Los Altos) - 9:00-11:45am Senior Fitness &amp; Yoga (Palo Alto Commons) - 1:15-2:00pm Dynamic/Sports Stretch (Koret Plaza, Stanford) - 4:00-4:50pm Boot Camp (1070 Arastradero, Stanford)</p>	<p align="center"><b>26</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford) - 11:00-11:55am Aligned Yoga (ACSR, Stanford)</p>	<p align="center"><b>27</b></p> <p align="center">- 11:00-11:55am Aligned Yoga (SLAC, Stanford)</p>	<p align="center"><b>28</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford)</p>
<p align="center"><b>30</b></p> <p align="center">- 12:00-12:55pm Aligned Yoga (ACERC, Stanford) - 2:15-3:00pm Senior Yoga (The Avant) - 4:00-4:50pm Boot Camp (1070 Arastradero, Stanford)</p>	<p align="center"><b>July 1</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford)</p>	<p align="center"><b>2</b></p> <p align="center">- 6:30-7:45am Sunrise Yoga (Yoga of Los Altos) - 9:00-11:45am Senior Fitness &amp; Yoga (Palo Alto Commons) - 1:15-2:00pm Dynamic/Sports Stretch (Koret Plaza, Stanford) - 4:00-4:50pm Boot Camp (1070 Arastradero, Stanford)</p>	<p align="center"><b>3</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford) - 11:00-11:55am Aligned Yoga (ACSR, Stanford)</p>	<p align="center"><b>4</b></p> <p align="center">- 11:00-11:55am Aligned Yoga (SLAC, Stanford)</p>	<p align="center"><b>5</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford) - 10:15-11:00am Fall Cleanse Call #2</p>
<p align="center"><b>7</b></p> <p align="center">- 12:00-12:55pm Aligned Yoga (ACERC, Stanford) - 2:15-3:00pm Senior Yoga (The Avant) - 4:00-4:50pm Boot Camp (1070 Arastradero, Stanford)</p>	<p align="center"><b>8</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford)</p> <p align="center">- 6:00-7:00pm Pre-cleanse Teleseminar</p>	<p align="center"><b>9</b></p> <p align="center">- 6:30-7:45am Sunrise Yoga (Yoga of Los Altos) - 9:00-11:45am Senior Fitness &amp; Yoga (Palo Alto Commons) - 1:15-2:00pm Dynamic/Sports Stretch (Koret Plaza, Stanford) - 4:00-4:50pm Boot Camp (1070 Arastradero, Stanford)</p>	<p align="center"><b>10</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford) - 11:00-11:55am Aligned Yoga (ACSR, Stanford)</p> <p align="center">- 6:15-7:00pm Cleanse Day1 Teleseminar</p>	<p align="center"><b>11</b></p> <p align="center">- 11:00-11:55am Aligned Yoga (SLAC, Stanford)</p>	<p align="center"><b>12</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford) - 10:15-11:00am Cleanse Day3 Teleseminar</p>
<p align="center"><b>14</b></p> <p align="center">- 12:00-12:55pm Aligned Yoga (ACERC, Stanford) - 2:15-3:00pm Senior Yoga (The Avant) - 4:00-4:50pm Boot Camp (1070 Arastradero, Stanford)</p>	<p align="center"><b>15</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford)</p>	<p align="center"><b>16</b></p> <p align="center">- 6:30-7:45am Sunrise Yoga (Yoga of Los Altos) - 9:00-11:45am Senior Fitness &amp; Yoga (Palo Alto Commons) - 1:15-2:00pm Dynamic/Sports Stretch (Koret Plaza, Stanford) - 4:00-4:50pm Boot Camp (1070 Arastradero, Stanford) - 6:15-7:00pm Cleanse Day7 Teleseminar</p>	<p align="center"><b>17</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford) - 11:00-11:55am Aligned Yoga (ACSR, Stanford) - 12:30-1:30pm Breathe to Relax - Lectures (Clark Ctr, S361, Stanford)</p>	<p align="center"><b>18</b></p> <p align="center">- 11:00-11:55am Aligned Yoga (SLAC, Stanford)</p>	<p align="center"><b>19</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford)</p>
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<p align="center"><b>4</b></p> <p align="center">- 12:00-12:55pm Aligned Yoga (ACERC, Stanford) - 2:15-3:00pm Senior Yoga (The Avant) - 4:00-4:50pm Boot Camp (1070 Arastradero, Stanford)</p>	<p align="center"><b>5</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford)</p>	<p align="center"><b>6</b></p> <p align="center">- 6:30-7:45am Sunrise Yoga (Yoga of Los Altos) - 9:00-11:45am Senior Fitness &amp; Yoga (Palo Alto Commons) - 1:15-2:00pm Dynamic/Sports Stretch (Koret Plaza, Stanford) - 4:00-4:50pm Boot Camp (1070 Arastradero, Stanford)</p>	<p align="center"><b>7</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford) - 11:00-11:55am Aligned Yoga (ACSR, Stanford) - 12:30-1:30pm Breathe to Relax - Lectures (Clark Ctr, S361, Stanford)</p>	<p align="center"><b>8</b></p> <p align="center">- 11:00-11:55am Aligned Yoga (SLAC, Stanford)</p>	<p align="center"><b>9</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford)</p>
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<p align="center"><b>Sept 1</b></p> <p align="center">- 2:15-3:00pm Senior Yoga (The Avant)</p>	<p align="center"><b>2</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford)</p>	<p align="center"><b>3</b></p> <p align="center">- 6:30-7:45am Sunrise Yoga (Yoga of Los Altos) - 9:00-11:45am Senior Fitness &amp; Yoga (Palo Alto Commons)</p>	<p align="center"><b>4</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford)</p>	<p align="center"><b>5</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford)</p>	<p align="center"><b>6</b></p> <p align="center">- 8:30-9:30am 60+ Exercise Class ( Track, Stanford)</p>