



# Communicating Vessels

Center for Meditation, Inc.



Winter Schedule 2007 (January 8 to March 24)

## Monday

6:30 - 7:30 **Meditation** Open  
 7:30 - 8:30 **Yoga** Wake-up  
 10:00 - 11:00 **\*Yoga** Bring Baby  
 12:00 - 1:00 **\*Yoga** Stress Management  
 1:00 - 2:00 **Meditation** Open  
 3:30 - 4:30 **\*Art** Kids Love Clay  
 5:30 - 6:30 **Yoga** Gentle  
 6:30 - 7:30 **\*Art** Movement, Art, and Crafts  
 7:30 - 8:30 **\*Dance** Salsa  
 8:30 - 9:30 **\*Dance** Hustle & Nightclub 2-step

## Tuesday

6:30 - 7:30 **Meditation** Open  
 7:30 - 8:30 **\*Yoga** Wake-up  
 10:00 - 10:45 **\*Art** Fun for Preschoolers  
 10:00 - 10:45 **\*Dance** Tot / Adult  
 12:00 - 1:00 **Yoga** Stress Management  
 1:00 - 2:00 **Meditation** Open  
 4:00 - 5:00 **\*Dance** 7 / 9 year olds  
 5:30 - 6:30 **Yoga** Gentle  
 6:30 - 7:30 **\*Yoga** Family

## Wednesday

6:30 - 7:30 **Meditation** Open  
 7:30 - 8:30 **Yoga** Wake-up  
 12:00 - 1:00 **\*Yoga** Stress Management  
 1:00 - 2:00 **Meditation** Open  
 3:30 - 4:30 **\*Art** Watercolor for Kids  
 5:30 - 6:30 **Yoga** Gentle  
 6:30 - 8:00 **\*Art** Sculpting the Head in Clay  
 7:30 - 9:00 **\*Dance** Basic Swing

## Thursday

6:30 - 7:30 **Meditation** Open  
 7:30 - 8:30 **\*Yoga** Wake-up  
 10:00 - 11:00 **\*Dance** 3 / 5 year olds  
 12:00 - 1:00 **Yoga** Stress Management  
 1:00 - 2:00 **Meditation** Open  
 4:00 - 5:00 **\*Dance** 7 / 9 year olds  
 5:30 - 6:30 **Yoga** Gentle  
 6:30 - 7:30 **\*Tai Chi** Beginning

## Friday

6:30 - 7:30 **Meditation** Open  
 7:30 - 8:30 **Yoga** Wake-up  
 12:00 - 1:00 **Yoga** Stress Management  
 1:00 - 2:00 **Meditation** Open  
 5:30 - 6:30 **Yoga** Gentle

## Saturday

9:00 - 10:30 **Yoga** Vinyasa  
 10:30 - 12:00 **Dance** DancingRound company class

## Sunday

9:00 - 10:30 **Meditation** Satsang

**FEES:** Yoga classes: \$9.00 per class or \$40.00 for a 5-class punch card  
 Meditation and Satsang: free  
 \* Dance, art, and yoga classes with a asterisk by them are offered through Albany Parks and Recreation; please register with them at 917-7777 or [www.cityofalbany.net/parks](http://www.cityofalbany.net/parks)

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