



Mercury's Yoga Schedule

Yoga Loka www.yogaloka.net

48th & Folsom Blvd., Sacramento, CA 916.454.4110

Monday & Thursday 8:30 p.m. -10:00 p.m. – Bikram Yoga/ Hot Yoga

Sunday Morning's 9:00 a.m. to 10:30 a.m. – alternating every other weekend. Teaching yoga on Sunday Sept. 5, 2010

Yoga Loka - NOON 12 PM TO 1:30 PM ----- Hatha Yoga - Classic yoga!
Hatha Yoga prepares you for physical purification that yoga postures provide for deep and higher meditation.

Michael Mercury's yoga class combines Hatha, Ashtanga, and Bikram yogas for a unique experience of postures and poses that change on a weekly basis. His focus on breathing and on the cultivation of silence is in keeping with the traditions of yoga.

Mercury shares philosophical ideas and gives a contemporary perspective to ancient wisdom. He also explains how current Astrological transits can affect your daily life in the upcoming weeks.

The yoga studio is not heated, but the Christmas lights and warm environment provide a mystical setting to transport you to a place of personal peace.

Sacramento Pipeworks Climbing

www.touchstoneclimbing.com

116 N 16th Street, Sacramento, CA 95811 916.34.0100

Saturday 12:00 p.m. – 1:30 p.m. Michael Mercury's yoga class combines Hatha, Ashtanga, and Bikram yogas for a unique experience of postures and poses that change on a weekly basis. His focus on breathing and on the cultivation of silence is in keeping with the traditions of yoga.