Ananda Marga Rajadhiraja Yoga Meditation Classes January 2017

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| **Type of Class** | **Number of classes** | **Day & Time** | **Location** | **Teacher & Contact** |
| Yoga Meditation Therapy | Ongoing | **Mondays** 16.00 – 17.00 | **Gzira** Yoga Centre84 St Albert Street | Dada ShubhacetananandaTel: 9975 5523shubhany@gmail.comfb: Rajadhiraja Yoga  |
| Meditation Therapy  | Begins January 8  | **Mondays** 17.00 – 18.00  | **Gzira** Yoga Centre84 St Albert Street  | Dada ShubhacetananandaTel: 9975 5523shubhany@gmail.comfb: Rajadhiraja Yoga  |
| Beginners / Intermediate / Advanced Yoga  | Ongoing | **Mondays** 18.15 – 19.15  | **Gzira** Yoga Centre84 St Albert Street  | Dada ShubhacetananandaTel: 9975 5523shubhany@gmail.comfb: Rajadhiraja Yoga |
| Beginners Yoga | Ongoing | **Mondays** 19.30 – 20.30 | **Gzira** Yoga Centre84 St Albert Street | Dada ShubhacetananandaTel: 9975 5523shubhany@gmail.comfb: Rajadhiraja Yoga |
| Drop-in Yoga & Meditation | Ongoing | **Tuesdays** 9.30- 10.30 | **Gzira** Yoga Centre84 St Albert Street  | Dada ShubhacetananandaTel: 9975 5523shubhany@gmail.comfb: Rajadhiraja Yoga |
| Yoga Meditation Therapy | Begins January 9 | **Tuesdays** 16.45 – 17.45 | **Gzira** Yoga Centre84 St Albert Street  | Dada ShubhacetananandaTel: 9975 5523shubhany@gmail.comfb: Rajadhiraja Yoga |
| Beginners/ Intermediate/ Advanced Yoga | Ongoing | **Tuesdays** 18:15 - 19.15 | **Gzira** Yoga Centre84 St Albert Street  | Dada ShubhacetananandaTel: 9975 5523shubhany@gmail.comfb: Rajadhiraja Yoga |
| Beginners/ Intermediate/ Advanced Yoga | Begins January 9 | **Tuesdays** 19:30 - 20:30 | **Gzira** Yoga Centre84 St Albert Street  | Dada ShubhacetananandaTel: 9975 5523shubhany@gmail.comfb: Rajadhiraja Yoga |
| Beginners / Intermediate / Advanced Yoga | Begins January 10 | **Wednesdays**17.15 – 18.15 | **Gzira** Yoga Centre84 St Albert Street | Dada ShubhacetananandaTel: 9975 5523shubhany@gmail.comfb: Rajadhiraja Yoga |
| Yoga Meditation Therapy | Begins January 10 | **Wednesdays**19.45 – 20.45 | **Gzira** Yoga Centre84 St Albert Street | Dada ShubhacetananandaTel: 9975 5523shubhany@gmail.comfb: Rajadhiraja Yoga |
| Beginners / Intermediate / Advanced Yoga | January 4 | **Thursdays** 17.15 – 18.15 | **Gzira** Yoga Centre84 St Albert Street | Dada ShubhacetananandaTel: 9975 5523shubhany@gmail.comfb: Rajadhiraja Yoga |
| Beginners / Intermediate / Advanced Yoga  | Ongoing | **Thursdays** 21.00 – 21.00 | **Mosta** Brazilan Jiu Jitsu 73 St Arthur Burton Street  | Dada ShubhacetananandaTel: 9975 5523shubhany@gmail.comfb: Rajadhiraja Yoga |
| Drop-in yoga | Ongoing  | **Fridays**9.30 – 10.30 | **Gzira** Yoga Centre84 St Albert Street | Dada ShubhacetananandaTel: 9975 5523shubhany@gmail.comfb: Rajadhiraja Yoga  |
| Beginners / Intermediate / Advanced Yoga | January 5 | **Fridays** 19:30 – 20.30 | **Gzira** Yoga Centre84 St Albert Street | Dada ShubhacetananandaTel: 9975 5523shubhany@gmail.comfb: Rajadhiraja Yoga  |
| Meditation Therapy | Ongoing | **Fridays** 19:30 – 20.30 | **Gzira** Yoga Centre84 St Albert Street | Dada ShubhacetananandaTel: 9975 5523shubhany@gmail.comfb: Rajadhiraja Yoga |
| Drop-in Yoga  | Ongoing  | **Saturdays** 9.30 – 10.30  | **Gzira** Yoga Centre84 St Albert Street | Dada ShubhacetananandaTel:9975 5523shubhany@gmail.comfb: Rajadhiraja Yoga  |
| Advanced Yoga  | January 2 | **Saturdays** 10.30 – 11.30 | **Gzira** Yoga Centre84 St Albert Street | Dada ShubhacetananandaTel:9975 5523shubhany@gmail.comfb: Rajadhiraja Yoga |
| Advanced Group Meditation | Ongoing  | **Sundays** 9:00 – 11:00 | **Gzira** Yoga Centre84 St Albert Street | Ananda MargaTel: 2133 7093malta@anandamarga.netfb: anandamarga.malta |