



Dharma Yoga®

Sri Dharma Mittra

EAST | WEST



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\$5 CLASSES ~ JOIN ANYTIME



Welcome ~ Choose from these times & locations ~ No reservation needed

MONDAY	5:00 - 6:00pm	Dharma I or II	DY East
	5:00 - 6:00pm	Dharma I	DY West
TUESDAY	5:00 - 6:00pm	Dharma I or II	DY West
WEDNESDAY	4:30 - 5:45pm	Dharma II or III	DY East
	5:00 - 6:00pm	Dharma I	DY West
THURSDAY	10:15 - 11:15am	Dharma I or II	DY West
FRIDAY	5:00 - 6:00pm	Dharma I or II	DY East
SATURDAY	4:00 - 5:00pm	Dharma Gentle	DY East

Minimum Donation \$5 | Come by, Pre-register Online, or Call 212.889.8160

Dharma West | 61 West 23rd St NYC | 6th FL

Dharma East | 297 Third Avenue NYC | 3rd FL

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