

# April Schedule 2017

## Seaside Studio

	<u>Class</u>	<u>Instructor</u>	<u>Level</u>
<b>Monday</b>			
9:30-10:45am	Hatha Flow Yoga	Kristina	All
5:45-6:50pm	Hatha Yoga	Laura	All
7:00-8:15pm	4Wk Beginner Series (4/10-4/24 & 5/8, \$70 tuition)	Laura	All
<b>Tuesday</b>			
7:30-8:30am	Hatha Yoga	Rebekah	All
9:00-10:00am	Hatha Yoga	Shakuntla	All
5:45-6:50pm	Hatha Yoga	Connie	1
7:30-9:00pm	Restorative Yoga	Jeannie	All
<b>Wednesday</b>			
8:45-10:15am	Iyengar Yoga	Carolyn	All
5:45-6:50pm	Hatha Yoga	Mara	All
<b>Thursday</b>			
7:30-8:30am	Hatha Yoga	Laura	All
9:30-10:45am	Hatha Flow Yoga	Sophia	All
4:30-5:45pm	Gentle Yoga	Jeannie	All
6:30-8:00pm	Prenatal Yoga	Brittney	All
<b>Friday</b>			
8:30-9:30am	Hatha Yoga	Shakuntla	All
4:00-5:00pm	Free Community Yoga	Staff	All
<b>Saturday</b>			
8:00-9:15am	Hatha Yoga	Brittney	All
9:45-10:45am	Hatha Yoga	Rebekah	All
<b>Sunday</b>			
8:30-9:30am	Hatha Yoga	Shakuntla	All
10:00-11:15am	Yoga Flow	Kerensia	All
4:30-6:00pm	Yoga For Relaxation	Jeannie W.	All



## Pacific Grove Studio

	<u>Class</u>	<u>Instructor</u>	<u>Level</u>
<b>Monday</b>			
8:00-9:00am	Hatha Yoga Flow	Rebekah	All
9:15-10:15am	Vinayasa Flow	Rebekah	All
1:00-2:00pm	Therapeutic Yoga	Karen	All
5:15-6:15pm	Hatha Yoga	Kaye	All
6:45-8:00pm	Prenatal Yoga	Kaye	All
<b>Tuesday</b>			
9:30-10:45am	Hatha Yoga	dunja	2/ 3
12:00-1:00pm	Hatha Yoga Flow	Marcia	All
5:30-6:30pm	Hatha Yoga	Kerensia	All
6:45-8:00pm	Hatha Yoga Flow	Sophia	All
<b>Wednesday</b>			
8:00-9:00am	Hatha Yoga Flow	Rebekah	All
9:30-10:30am	Yoga for Midlife & Beyond	Rebekah	1
11:00-12pm	Gentle Beginners Yoga	Rebekah	1
3:30-4:15pm	Kids Yoga	Aungela	5-10yrs
5:15-6:30pm	Intro to Iyengar Yoga	Carolyn	All
7:00-9:00pm	4Wk Functional Movement	Danielle M	All
	(4/19-5/10 \$70 tuition)		
<b>Thursday</b>			
9:30-10:45am	Hatha Yoga	Kaye	All
12:00-1:00pm	Hatha Yoga Flow	Marcia	All
5:30-6:30pm	Hatha Yoga	Danielle W	All
6:45-8:00pm	Hatha Yoga Flow	Sophia	All
<b>Friday</b>			
9:30-10:45am	Yoga Flow	Sophia	2
12:00-1:00pm	Hatha Yoga Flow	Sophia	All
4:00-5:00pm	Gentle Yoga	Jeannie	All
5:30-6:30pm	Restorative Yoga	Jeannie	All
<b>Saturday</b>			
9:00-10:00am	Beginning Yoga	Kaye	1
10:30-11:45am	Hatha Flow	Kristina	All
<b>Sunday</b>			
9:30-10:30am	Hatha Yoga	dunja	All
11:00am-12pm	Restorative Yoga	Gemma	All
5:00-6:00pm	Free Community Yoga	Staff	All
	(**no community Easter Sunday, 4/16)		

\*\*All classes are available for drop-in, except for series classes\*\*

Each studio location offers mats and an abundance of props to support the individual student need.

### Levels

**Beginning:** Basics for brand-new student  
**Level 1:** For new students or those seeking a softer practice.

**All:** Open to all levels - Modifications will be given.

**Level 2** - Previous Yoga experience required (1 year minimum practice recommended)

**Level 3** - For seasoned practitioners, exploring deeper refinement in postures

*"Don't worry about what the world needs. Ask yourself what makes you come alive and go do that. Because what the world needs is people who have come alive."*

~Howard Thurman

