

October Schedule 2015

Seaside Studio

	<u>Class</u>	<u>Instructor</u>	<u>Level</u>
Monday			
7:30-8:30am	Sivananda Yoga	Graeme	All
9:30-10:45am	Hatha Flow Yoga	Jenn	All
12:00-12:50pm	Vinyasa Flow	Megan	All
5:45-6:50pm	Hatha Yoga	Laura	All
7:00-8:00pm	6 Wk Beg Series (9/28-11/2)	Laura	All
Tuesday			
7:30-8:30am	Hath Yoga	Laura	All
9:00-10:00am	Sivananda Yoga	Shakuntla	All
10:15-11:45am	Prenatal Yoga	Carrie	All
12:30-1:30pm	Postnatal Yoga	Kaylin	All
2:00-3:00pm	Ashtanga Flow + Meditation	Kaylin	All
5:45-6:50pm	Beginning Yoga	Connie	1
7:30-9:00pm	Restorative Yoga	Jeannie	All
Wednesday			
7:30-8:30am	Sivananda Yoga	Shakuntla	All
8:45-10:15am	Iyengar Yoga	Carolyn	All
5:45-6:50pm	Hatha Yoga	Amelia	All
Thursday			
7:30-8:30am	Hatha Yoga	Laura	All
9:30-10:45am	Sivananda Yoga	Graeme	2/3
12:00-12:50pm	Hatha Flow Yoga	Jenn	All
4:30-5:40pm	Gentle Yoga	Jeannie	All
6:00-7:30pm	Prenatal Yoga	Staff	All
Friday			
8:45-9:45am	Sivananda Yoga	Shakuntla	All
12:00-12:50pm	New! Hatha Yoga Flow (benefit for charity class)	Mara	All
4:00-5:00pm	Free Community Yoga	Staff	All
5:30-7:00pm	Prenatal Restorative	Caitlin	All
Saturday			
8:15-9:30am	Hatha Yoga	Linda	All
9:45-10:45am	Hatha Yoga	Gennica	All
Sunday			
8:30-9:30am	Sivananda 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>
Monday			
8:00-9:00am	Vinyasa Flow	Terri	All
9:15-10:15am	Vinayasa Flow	Kelli	All
5:30-6:30pm	Hatha Yoga Flow	Marcia	All
6:45-8:00pm	Prenatal Yoga	Brittney	All
Tuesday			
7:30-8:30am	Yoga Flow	Isabel	All
9:30-10:45am	Yoga Flow	Isabel	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	Kerensia	All
Wednesday			
8:00-9:00am	Vinyasa Flow	Terri	All
9:30-10:30am	Yoga for Midlife & Beyond	Cathy	1
11:00-12pm	Gentle Beginners Yoga	Cathy	1
4:00-5:00pm	Therapeutic Yoga	Karen	All
5:15-6:30pm	Intro to Iyengar Yoga	Carolyn	All
6:45-7:45pm	Asana and Meditation	Carolyn	All
Thursday			
9:30-11:00am	Yoga Flow	Konnie	All
12:00-1:00pm	Hatha Yoga Flow	Marcia	All
3:30-4:15pm	Kids Yoga	Aungela	5-11
5:30-6:30pm	Hatha Yoga	Kristina	All
6:45-8:00pm	Hatha Yoga Flow	Kristina	All
Friday			
7:45-9:00am	Vinyasa Flow	Megan	2
9:30-10:45am	Yoga Flow	Kerensia	2
12:00-1:00pm	Hatha Yoga Flow	Kerensia	All
4:00-5:00pm	Gentle Yoga	Jeannie	All
5:30-6:30pm	Restorative Yoga	Jeannie	All
Saturday			
9:00-10:15am	Beginning Yoga	Charlene	1
10:30-11:45am	Vinyasa Flow	Kelli	All
Sunday			
9:30-10:30am	Hatha Yoga	Nikki	All
11:00am-12pm	Restorative Yoga	Kristina	All
5:00-6:00pm	Free Community Yoga	Staff	All



Salinas Studio

	<u>Class</u>	<u>Instructor</u>	<u>Level</u>
Monday			
9:00-10:30am	Hatha Yoga	Sandi	2
4:30-5:30pm	Hatha Yoga	Ellen	1
5:45-6:45pm	Hatha Yoga	Ellen	All
Tuesday			
9:00-10:00am	Vinyasa Flow	Terri	All
12:30-1:30pm	*Yoga for F.O.G. (Yoga for Fine Older Gentleman)	Jamie	1
4:30-5:45pm	Gentle Yoga	Sherrie	1
6:00-7:30pm	Prenatal Yoga	Sherrie	All
Wednesday			
9:00-10:30am	Hatha Yoga	Sandi	2
4:30-5:45pm	Gentle Yoga	Sandi	1
6:00-7:30pm	Hatha Yoga	Sandi	2
Thursday			
9:00-10:00am	Hatha Yoga	Ellen	All
4:30-5:30pm	Hatha Yoga	Ellen	1
5:45-6:45pm	Hatha Yoga	Ellen	All
Friday			
12:30-1:30pm	Free Comm Yoga	Carrie	All
5:30-6:30pm	Restorative Yoga	Cindy	All
Saturday			
7:30-8:45am	Hatha Yoga	Sandi	2
9:00-10:30am	Hatha Yoga	Sandi	2
10:45am-12pm	Hatha Yoga	Sherrie	1
Sunday			
8:00-9:30am	Any Body Yoga	Cindy	All

Levels

Beginning: Basics for brand-new students

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