

April Schedule 2018

Seaside Studio

	<u>Class</u>	<u>Instructor</u>	<u>Level</u>
Monday			
6:30-7:30am	Hatha Flow	Hilary	All
9:30-10:45am	Hatha Flow	Sondra	All
5:45-6:50pm	Hatha Yoga	Sondra	All
7:00-8:15pm	4Wk Beginner Series <i>(April 9-30, \$75 tuition)</i>	Sondra	All
Tuesday			
7:30-8:30am	Hatha Yoga	Shakuntla	All
9:00-10:00am	Sivananda Yoga	Shakuntla	All
4:00-5:00pm	Chair Yoga	Jeannie	All
5:45-7:00pm	Hatha Yoga	Leslie	All
Wednesday			
6:30-7:30am	Hatha Flow	Hilary	All
8:45-10:15am	Iyengar Yoga	Carolyn	All
5:45-6:50pm	Hatha Yoga	Sondra	All
7:00-8:15pm	Yin Yoga	Sondra	All
Thursday			
7:30-8:30am	Hatha Yoga	Laura	All
9:30-10:45am	Hatha Flow Yoga	Sondra	All
4:30-5:45pm	Gentle Yoga	Jeannie	All
6:30-8:00pm	Prenatal Yoga	Lauren	All
Friday			
8:45-10:00am	Sivananda Yoga	Shakuntla	All
4:00-5:00pm	Free Community Yoga	Staff	All
Saturday			
8:00-9:15am	Yin Yoga	Rebekah	All
9:45-10:45am	Hatha Yoga	Rebekah	All
Sunday			
8:30-9:30am	Hatha Yoga	Shakuntla	All
10:00-11:15am	Yoga Flow	Laurel	All
4:30-6:00pm	Restorative Yoga	Jeannie	All

Pacific Grove Studio

	<u>Class</u>	<u>Instructor</u>	<u>Level</u>
Monday			
9:30-10:45am	Vinyasa Flow	Marissa	All
1:00-2:00pm	Therapeutic Yoga	Karen	All
4:00-4:45pm	Kids Yoga	Jennifer	5-11yrs
5:15-6:15pm	Hatha Yoga	Kaye	All
6:45-8:00pm	Prenatal Yoga	Kaye	All
Tuesday			
9:30-11:30am	Level 2/3 Iyengar	Carolyn	2/3
12:00-1:00pm	Hatha Yoga	Marcia	All
5:30-6:30pm	Hatha Yoga	Mara	All
6:45-8:00pm	Hatha Yoga Flow	Gemma	All
Wednesday			
9:30-10:45am	PostNatal Yoga	Laura	All
11:00-12pm	Gentle Beginners Yoga	Sondra	1
5:15-6:30pm	Intro to Iyengar Yoga	Carolyn	All
7:00-8:30pm	Mindful Self Compassion Isabel Series <i>(April 4-25, \$120 fee)</i>	Isabel	All
Thursday			
9:30-10:45am	Hatha Yoga	Kaye	All
12:00-1:00pm	Hatha Yoga	Marcia	All
4:00-5:00pm	*Yoga for School Teachers <i>(April 19-May 31st, \$10 fee per class)</i>	Astra	All
5:30-6:30pm	Hatha Yoga	Krystal	All
Friday			
9:30-10:45am	Yoga Flow	Marissa	2
12:30-1:30pm	Hatha Yoga Flow	Rebekah	All
4:00-5:00pm	Gentle Yoga	Jeannie	All
5:30-6:30pm	Restorative Yoga	Jeannie	All
Saturday			
9:00-10:00am	Beginning Yoga	Erika	1
10:30-12:00pm	Hatha Flow	Bonnie	All
Sunday			
9:30-10:30am	Hatha Yoga	Gemma	All
11:00am-12pm	Restorative Yoga	Gemma	All
5:00-6:00pm	Free Community Yoga	Staff	All

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

