

# August Schedule 2018

## Carmel Studio

Studio Opens Thursday Aug 9<sup>th</sup>!

	<u>Class</u>	<u>Instructor</u>	<u>Level</u>
<b>Monday</b>			
9:30-10:45am	Hatha Flow	Sondra	All
12:00-1:00pm	Movement & Meditation	Leslie	All
5:30-6:45pm	Hatha Yoga	Laura	All
<b>Tuesday</b>			
7:00-8:00am	Hatha Yoga	Shakuntla	All
9:30-10:30am	Slow Vinyasa	Marcia	All
5:15-6:30pm	Hatha + Meditation	Jennifer	All
6:45-8:00pm	Hatha Flow	Hilary	All
<b>Wednesday</b>			
8:45-10:15am	Iyengar Yoga	Carolyn	All
12:00-1:00pm	Vinyasa Yoga	Sabrina	All
4:30-5:45pm	Gentle Yoga	Jeannie	All
6:00-7:00pm	Hatha Yoga	Sondra	All
<b>Thursday</b>			
7:00-8:00am	Hatha Yoga*(begins 8/16)	Astra	All
9:30-10:45am	Hatha Yoga	Laura	All
4:00-5:00pm	Yoga Flow	Rebekah	All
5:30-6:30pm	Prenatal Yoga	Gemma	All
7:00-8:00pm	Restorative Yoga	Gemma	All
<b>Friday</b>			
9:30-10:45am	Therapeutic Yoga	Isabel	All
12:00-1:00pm	Yin Yoga	Sondra	All
<b>Saturday</b>			
8:30-9:30am	Hatha Yoga	Gemma	1
10:00-11:00am	Hatha Yoga	Gemma	1/2
<b>Sunday</b>			
8:30-9:30am	Hatha Yoga	Krystal	All
10:15-11:30am	Yoga Flow	Laurel	All
4:30-6:00pm	Restorative Yoga	Jeannie	All

### Coming in September!

Teen Yoga Tuesdays, 4:00-5:00pm  
+ more to be announced!

### Sunrise Yoga in The Courtyard, 8am Sept 15<sup>th</sup>

With other activities throughout the day!

Come celebrate Seaside Yoga Sanctuary's 11yr Anniversary!

## Pacific Grove Studio

	<u>Class</u>	<u>Instructor</u>	<u>Level</u>
<b>Monday</b>			
7:00-8:00am	Hatha Flow>(*begins 8/20)	Sydney	All
9:30-10:45am	Vinyasa Flow	Rebekah Y	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>			
9:30-11:30am	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
<b>Wednesday</b>			
8:00-9:15am	Iyengar Yoga (ends 8/8)	Carolyn	All
7:00-8:00am	Hatha Flow*(begins 8/22)	Sydney	All
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
<b>Thursday</b>			
9:30-10:45am	Hatha Yoga	Kaye	All
12:00-1:00pm	Hatha Yoga	Marcia	All
5:30-6:30pm	Hatha Yoga	Krystal	All
6:45-8:00pm	Hatha Flow	Hilary	All
<b>Friday</b>			
7:00-8:00am	Hatha Yoga	Shakuntla	All
9:30-10:45am	Yoga Flow	Rebekah Y	2
12:30-1:30pm	Hatha Yoga Flow	Bekah	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	Erika	1
10:30-12:00pm	Hatha Flow	Bonnie	All
<b>Sunday</b>			
9:30-10:30am	Hatha Yoga	Gemma	All
11:00am-12pm	Restorative Yoga	Gemma	All
5:00-6:00pm	Free Community Yoga	Staff	All

### \*\*Coming in September!

Yoga for School Teachers, Tuesdays 4:00-5:00pm

Kids Yoga, Wednesdays 4:00-4:45pm

Teen Yoga, Thursdays 4:00-5:00pm

\*\*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 offered.

**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

