

July Schedule 2018

Carmel Studio

We are building our *new* studio location during July and will open for classes in August!

Our new home is on the 3rd Floor of Carmel Plaza (Ocean & Mission, Carmel).

We will have more classes than ever on our schedule.

Stay tuned for more details to come

Connect with us on Facebook and Instagram

And don't forget to sign up for our newsletter!

Pacific Grove Studio

	<u>Class</u>	<u>Instructor</u>	<u>Level</u>
Monday			
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
Tuesday			
7:00-8:00am	Hatha Yoga	Shakuntla	All
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			
8:00-9:15am	Iyengar Yoga	Carolyn	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
6:45-8:00pm	Prenatal Yoga (Begins July 11)	Destiny	All
Thursday			
7:00-8:00am	Hatha Yoga (Begins July 12)	Bekah	All
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
Friday			
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
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

****Kids Yoga Summer Camp!****

Tues-Thurs, June 17-19 1:30-4:30pm

****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

