

September Schedule

Carmel Studio

	<u>Class</u>	<u>Instructor</u>	<u>Level</u>
Monday			
9:30-10:45am	Hatha Flow	Sondra	All
12:00-1:00pm	Movement & Meditation	Leslie	All
5:30-6:45pm	Hatha Yoga	Laura	All
Tuesday			
7:00-8:00am	Hatha Yoga	Shakuntla	All
9:30-10:30am	Slow Vinyasa	Marcia	All
4:00-5:00pm	Teen Yoga New!	Jennifer	All
5:15-6:30pm	Hatha + Meditation	Jennifer	All
6:45-8:00pm	Hatha Flow	Hilary	All
Wednesday			
8:45-10:15am	Iyengar Yoga	Carolyn	All
12:00-1:00pm	Hatha Yoga	Erika	All
4:30-5:45pm	Gentle Yoga	Jeannie	All
6:00-7:00pm	Hatha Yoga	Sondra	All
Thursday			
7:00-8:00am	Hatha Yoga	Astra	All
9:30-10:45am	Hatha Yoga	Laura	All
12:00-1:00pm	Beginners Yoga New!	Erika	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
Friday			
9:30-10:45am	Therapeutic Yoga	Isabel	All
12:00-1:00pm	Yin Yoga	Sondra	All
Saturday			
8:30-9:30am	Hatha Yoga	Gemma	1
10:00-11:00am	Hatha Flow	Gemma	1/2
Sunday			
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!

Sunrise Yoga in The Courtyard, 8:00-9:00am Sept 15th

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>
Monday			
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
Tuesday			
9:30-11:30am	Level 2/3 Iyengar	Carolyn	2/3
12:00-1:00pm	Hatha Yoga	Marcia	All
4:00-5:00pm	Yoga for School Teachers Astra (begins 9/11)	Astra	All
5:30-6:30pm	Hatha Yoga	Mara	All
6:45-8:00pm	Hatha Yoga Flow	Gemma	All
Wednesday			
7:00-8:00am	Hatha Flow	Sydney	All
4:00-4:45pm	Kids Yoga New!	Jennifer	5-10
11:00-12pm	Gentle Beginners Yoga	Sondra	1
5:15-6:30pm	Intro to Iyengar Yoga	Carolyn	All
Thursday			
9:30-10:45am	Hatha Yoga	Kaye	All
12:00-1:00pm	Hatha Yoga	Marcia	All
4:00-5:00pm	Teen Yoga New!	Astra	All
5:30-6:30pm	Hatha Yoga	Krystal	All
6:45-8:00pm	Hatha Flow	Hilary	All
Friday			
7:30-8:30am	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
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 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

