

Seaside Studio

	<u>Class</u>	<u>Instructor</u>	<u>Level</u>
Monday			
9:30-10:45am	Yoga Flow	Konnie	All
5:45-6:50pm	Hatha Yoga	Laura	All
7:00-8:00pm	New! 6 Wk Beg Series (9/8-10/15)	Laura	1
Tuesday			
7:30-8:30am	Hatha Yoga	Laura	All
9:30-10:30am	Sivananda Yoga	Shakuntla	All
12:00-12:50pm	Yoga Flow	Isabel	All
5:45-6:50pm	Gentle Yoga	Jeannie	All
7:30-8:45pm	Restorative Yoga	Jeannie	All
Wednesday			
7:30-8:30am	Sivananda Yoga	Shakuntla	All
8:45-10:15am	Iyengar Yoga	Carolyn	All
10:30-11:30am	Postpartum Yoga	Aungela	All
12:00-1:15pm	Sacred Movement	Laura B	All
4:00-4:45pm	New! Kids Yoga	Tara	(5-10yrs)
5:45-7:00pm	Hatha Yoga	Deborah	All
7:15-8:30pm	Ayurvedic Yoga	Connie	All
Thursday			
7:30-8:30am	Hatha Yoga	Laura	All
10:00-11:30am	Prenatal Yoga	Carrie	All
12:00-12:50pm	Hatha Yoga	Liz	All
4:30-5:40pm	Gentle Yoga	Jeannie	All
6:00-7:30pm	Prenatal Yoga	Rose	All
Friday			
7:15-8:30am	Kundalini Yoga	Manprem	All
8:45-9:45am	Sivananda Yoga	Shakuntla	All
4:00-5:00pm	Free Community Yoga	Staff	All
Saturday			
8:15-9:30am	Hatha Yoga	Danielle	All
9:45-10:45am	Hatha Yoga	Gennica	All
Sunday			
8:30-9:30am	Sivananda Yoga	Shakuntla	All
4:30-5:45pm	Yoga For Relaxation	Jeannie W.	All
6:30-7:30pm	Partner Yoga	Shakuntla	All

Pacific Grove Studio

Monday			
8:00-9:00am	Vinyasa Flow	Terri	All
9:30-10:45am	Hatha Yoga	Danielle	All
11:00-11:30am	Toddler & Me <i>*no class 9/1 only*</i>	Tara	2-4yrs
5:30-6:30pm	Yoga Flow	Marcia	All
6:45-8:00pm	Prenatal Yoga	Arianna	All

September Schedule 2014

	<u>Class</u>	<u>Instructor</u>	<u>Level</u>
Tuesday			
9:30-10:45am	Yoga Flow	Isabel	2
12:00-1:00pm	Yoga Flow	Marcia	All
5:30-6:30pm	Hatha Yoga	Danielle	All
6:45-8:00pm	Yoga Flow	Liz	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	Core Strength & Flexibility	Bobbie	All
5:30-6:30pm	Hatha w/Core	Bobbie	All
6:45-8:15pm	Iyengar Yoga	Carolyn	All
Thursday			
9:30-10:45am	Yoga Flow	Konnie	2
12:00-1:00pm	Yoga Flow	Marcia	All
4:00-4:45pm	Kids Yoga	Aungela (5-10yrs)	
5:30-6:30pm	Hatha Yoga	Danielle	All
6:45-8:00pm	Yoga Flow	Isabel	All
Friday			
7:45-9:00am	New! Vinyasa Flow	Kelli	All
9:30-11:00am	Yoga Flow	Isabel	All
5:30-6:30pm	Restorative Yoga	Elizabeth	All
Saturday			
9:00-10:15am	Beginning Yoga	Charlene	1
10:30-11:45am	New! Vinyasa Flow (begins 9/13)	Kelli	All
Sunday			
9:30-10:30am	Hatha Yoga	Amelia	All
11am-12pm	Restorative Yoga	Amelia	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	Vinyasa Yoga	Barbara	All
7:00-8:00pm	Hatha Yoga	Barbara	All
Tuesday			
7:45-8:45am	Vinyasa Flow	Terri	All
9:00-10:00am	Vinyasa Flow	Terri	All
10:30-11:45am	Prenatal Yoga (begins 9/16)	Carrie	All
12:00-1:00pm	New! Gentle Yoga (begins 9/16)	Carrie	All
4:30-5:45pm	Gentle Yoga	Sherrie	1
6:00-7:30pm	Prenatal Yoga	Sherrie	All

	<u>Class</u>	<u>Instructor</u>	<u>Level</u>
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			
7:45-8:45am	Vinyasa Flow	Terri	All
10:30-11:15am	New! Kids Yoga	Tara	(5-10yrs)
4:30-5:30pm	Restorative Yoga	Amelia	All
5:45-6:45pm	Hatha Yoga	Amelia	All
7:00-8:00pm	Back Care Series (9/4-9/25)	Sherrie	1
Friday			
9:30-10:45am	Yoga Flow	Gennica	All
12:30-1:30pm	Free Community 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	1
10-11:15am	Ayurvedic Yoga	Connie	All
4:30-5:30pm	New! Family Yoga	Tara	All

It's Our 7 Year Anniversary this month!!!

Check our fun weekend activities on-line (9/19-21)!

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

