

# March 2019

## Carmel Studio

	<u>Class</u>	<u>Instructor</u>	<u>Level</u>
<b>Monday</b>			
7:30-8:30am	Morning Hatha	Carrie	All
9:30-10:45am	Hatha Yoga	Chantal	All
5:30-6:45pm	Hatha Yoga	Laura	All
7:00-8:15pm	4Wk Beginners Series <i>(Feb 18-Mar 11, \$85 tuition)</i>	Laura	All
<b>Tuesday</b>			
7:30-8:30am	Hatha Yoga	Shakuntla	All
9:30-10:30am	Slow Vinyasa	Marcia	All
4:15-5:15pm	Teen Yoga Series <i>(3/12-3/26, \$35 tuition)</i>	Jennifer	All
5:30-6:45pm	Hatha Yoga	Jennifer	1/2
7:00-8:00pm	Restorative/Yoga Nidra	Jennifer	All
<b>Wednesday</b>			
8:45-10:15am	Iyengar Yoga	Carolyn	All
4:00-5:00pm	Gentle Yoga	Leslie	All
6:00-7:00pm	Hatha Yoga	Krystal	All
<b>Thursday</b>			
9:30-10:45am	Hatha Yoga	Laura	All
4:00-5:00pm	Hatha Yoga	Rebekah Y	All
5:30-6:30pm	Gentle Flow	Rebekah Y	All
7:00-8:00pm	Restorative Yoga	Chantal	All
	<i>**no 4pm &amp; 5:30pm class 3/21 only for Ribbon Cutting Ceremony**</i>		
<b>Friday</b>			
9:30-10:30am	Therapeutic/Gentle Yoga	Chantal	All
4:00-5:00pm	Community Yoga	Staff	All
<b>Saturday</b>			
9:00-10:00am	Prenatal Yoga	Lauren	1
10:15-11:15am	Hatha Flow	Merry	1/2
<b>Sunday</b>			
9:00-10:00am	Hatha Yoga	Shakuntla	All
10:15-11:30am	Yoga Flow	Laurel	All
4:30-6:00pm	Restorative Yoga	Jeannie	All

**\*\*Community Yoga Classes are By Donation\*\***

*No one turned away for lack of funds*

## Pacific Grove Studio

	<u>Class</u>	<u>Instructor</u>	<u>Level</u>
<b>Monday</b>			
9:30-10:45am	Vinyasa Flow	Rebekah Y	All
11:15am-12:30pm	PostNatal Yoga	Destiny	All
1:00-2:00pm	Gentle Yoga	Chantal	All
5:15-6:15pm	Hatha Yoga	Kaye	All
6:45-8:00pm	Prenatal Yoga	Kaye	All
<b>Tuesday</b>			
5:45-6:45am	Yoga Flow	Deb	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 Flow	Bekah C	All
<b>Wednesday</b>			
9:30-10:30am	Hatha Yoga	Geraldine	All
11:00-12pm	Gentle Beginners Yoga	Elsa	1
5:15-6:30pm	Intro to Iyengar Yoga	Carolyn	All
6:45-8:00pm	Prenatal Yoga	Destiny	All
<b>Thursday</b>			
9:30-10:45am	Hatha Yoga	Chantal	All
12:00-1:00pm	Hatha Yoga	Chantal	All
4:00-5:00pm	Vinyasa Flow	Kim	All
5:30-6:30pm	Hatha Yoga	Krystal	All
<b>Friday</b>			
7:30-8:30am	Hatha Yoga	Shakuntla	All
9:30-10:45am	Yoga Flow	Marissa	2
12:30-1:30pm	Hatha Yoga Flow	Bekah C	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	Astra	1
10:30-11:45am	Hatha Flow	Marissa	2
<b>Sunday</b>			
9:30-10:30am	Hatha Yoga	Bekah C	All
11:00am-12pm	Restorative Yoga	Leslie	All
5:00-6:00pm	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 students

**Level 1:** For new students or those seeking a softer practice.

**All:** Open to all levels – Variations and levels of poses 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

