

Carmel Studio

	<u>Class</u>	<u>Instructor</u>	<u>Level</u>
Monday			
9:30-10:45am	Hatha Yoga	Chantal	All
5:30-6:45pm	Hatha Yoga	Laura	All
7:00-8:15pm	Boost Your Happiness <i>(4/29-5/20, \$95 tuition)</i>	Deb	All
Tuesday			
7:30-8:30am	Hatha Yoga	Shakuntla	All
9:30-10:30am	Slow Vinyasa	Marcia	All
5:45-7:00pm	Hatha Yoga (\$9 drop in)	Jennifer	1/2
7:15-8:15pm	Restorative/Yoga Nidra	Jennifer	All
Wednesday			
8:45-10:15am	Iyengar Yoga	Carolyn	All
4:30-5:30pm	Gentle Yoga (\$9 drop in)	Leslie	All
6:00-7:00pm	Hatha Yoga	Merry	All
7:15-8:15pm	Hatha Yoga Level 1 <i>(begins May 15)</i>	Michael	All
Thursday			
7:30-8:30am	Morning Hatha	Carrie	All
9:30-10:45am	Hatha Yoga	Laura	All
5:45-6:45pm	Yoga Flow	Rebekah Y	All
7:00-8:00pm	Restorative Yoga	Chantal	All
Friday			
9:30-10:30am	Therapeutic/Gentle Yoga	Chantal	All
4:00-5:00pm	Community Yoga	Staff	All
Saturday			
8:45-10:00am	Prenatal Yoga	Lauren	1
10:15-11:30am	Hatha Flow	Merry	1/2
Sunday			
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

May Drop In Special – Only \$9

PG Tues 5:45am and Thursday 5:45am & 7pm

Carmel Tues 5:45pm & Wed 4:30pm

Pacific Grove Studio

	<u>Class</u>	<u>Instructor</u>	<u>Level</u>
Monday			
9:30-10:45am	Vinyasa Flow	Rebekah Y	All
11:15-12:30pm	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
Tuesday			
5:45-6:45am	Yoga Flow (\$9 drop in)	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
Wednesday			
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
Thursday			
5:45-6:45am	Yoga Flow (\$9 drop in)	Diane	All
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
7:00-8:00pm	Yoga Flow (\$9 drop in)	Diane	All
Friday			
7:30-8:30am	Hatha Yoga	Shakuntla	All
9:30-10:45am	Yoga Flow	Laurel	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
Saturday			
9:00-10:00am	Beginning Yoga	Astra	1
10:45-12:00pm	Hatha Flow	David	2
Sunday			
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

