

October 2019

Carmel Studio

	<u>Class</u>	<u>Instructor</u>	<u>Level</u>
Monday			
7:30-8:30am	Hatha Yoga	Shakuntla	All
9:30-10:45am	Hatha Yoga	Chantal	All
12:00-1:00pm	Hatha Flow	Diane	All
5:30-6:45pm	Hatha Yoga	Laura	All
7:00-8:00pm	Creating a Home Practice (10/21 & 28 \$45 tuition)	Laura	All
Tuesday			
7:30-8:30am	Hatha Yoga	Shakuntla	All
9:30-10:30am	Slow Vinyasa	Marcia	All
5:45-7:00pm	Hatha Yoga	Jennifer	1/2
7:15-8:15pm	Restorative/Yoga Nidra	Jennifer	All
Wednesday			
8:45-10:15am	Iyengar Yoga	Carolyn	All
1:00-2:00pm	Hatha Yoga	Michael	All
6:00-7:00pm	Hatha Yoga	Carrie	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	Carrie	All
Friday			
9:30-10:30am	Therapeutic/Gentle Yoga	Chantal	All
11:00-12:15pm	Yoga Mama + Happy Baby	Danielle	All
4:30-5:30pm	Community Yoga	YTT/Staff	All
Saturday			
8:45-10:00am	Prenatal Yoga	Merry	All
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

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	Gentle Yoga	Chantal	All
5:30-6:30pm	Hatha Yoga	Charlene	All
6:45-8:00pm	Prenatal Yoga	Destiny	All
Tuesday			
6:00-7:00am	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
Wednesday			
9:30-10:30am	Hatha Yoga	Geraldine	All
11:00-12pm	Gentle Beginners Yoga	Chantal	1
5:15-6:30pm	Intro to Iyengar Yoga	Carolyn	All
6:45-8:00pm	Prenatal Yoga	Destiny	All
Thursday			
6:00-7:00am	Yoga Flow	Diane	All
9:30-10:45am	Hatha Yoga	Diane	All
12:00-1:00pm	Hatha Flow	Merry	All
5:30-6:30pm	Hatha Yoga	Krystal	All
7:00-8:15pm	Yoga Nidra (10/3 & 24 \$15/class)	Astra	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	Merry	All
4:00-5:00pm	Gentle Yoga	Jeannie	All
5:30-6:30pm	Restorative Yoga	Jeannie	All
Saturday			
9:00-10:00am	Beginning Yoga	Michael	1
10:45-12:00pm	Hatha Flow	David	2
Sunday			
9:30-10:30am	Hatha Yoga	Gemma	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

*“Obstacles don’t block the path, they are the path.”
~Zen Proverb*

