

February 2020

Workshops & Events

(*Register on-line for all events.
Go to Workshops & Special Event)

An Evening of Transformational Healing Music
with Anton Mizerak & Laura Berryhill
Saturday, Feb 8th, 7pm

Back Care Yoga Workshop
With Chantal Fager
Sunday, Feb 9th 1-3pm

Monterey Bay Sound Bath
With Kim Murphy
Sat, Feb 22nd 6:00-7:00pm

Prenatal Yoga Workshop
With Lauren Hernandez
Saturday, Feb 29th 2-4pm

Beginners Yoga Workshop
With Laura McKinnon
Saturday, March 14th 1-3pm

Yoga for Scoliosis
With Elise Miller
Saturday, March 21st 1-4pm

Yoga Teacher Training Info + Potluck
Saturday, March 28th 2:00-3:30pm (potluck 3:30-5pm)

Restorative Yoga & Sound Healing Experience
With Jeannie & ValiAnna
Saturday, March 28th 6:30-8:30pm

Class Schedule

	<u>Class</u>	<u>Instructor</u>	<u>Level</u>
Monday			
	7:30-8:30am Morning Flow	Diane	All
	9:30-10:45am Vinyasa Flow	Rebekah Y	All
	1:00-2:00pm Gentle Yoga	Chantal	All
	5:30-6:45pm Hatha Yoga	Laura	All
Tuesday			
	7:30-8:30am Hatha Yoga	Shakuntla	All
	9:30-10:30am Slow Vinyasa	Marcia	All
	12:00-1:00pm Yin Yoga	Deb	All
	5:30-6:30pm Yoga Flow	Rebekah Y	1/2
	7:00-8:15pm Restorative/Yoga Nidra	Jennifer	All
Wednesday			
	8:00-9:00am Hatha Yoga	Carrie	All
	9:30-11:00am Iyengar Yoga	Carolyn	All
	11:30-12:30pm Gentle Yoga	Chantal	All
	1:00-2:00pm Hatha Yoga	Michael	All
	5:30-6:30pm Hatha Yoga	Michael	All
	6:45-8:00pm Prenatal Yoga	Destiny	All
Thursday			
	7:30-8:30am Morning Hatha	Carrie	All
	9:30-10:45am Hatha Yoga	Laura	All
	5:30-6:30pm Hatha Yoga	Krystal	All
	7:00-8:00pm Restorative Yoga	Leslie	All
Friday			
	7:30-8:30am Hatha Yoga	Shakuntla	All
	9:30-10:30am Hatha Yoga	Chantal	All
	11:00-12:15pm Yoga Mama + Happy Baby	Danielle	All
	1:00-2:00pm Hatha Flow	Merry	All
	5:30-6:30pm Restorative Yoga	Jeannie	All
Saturday			
	9:00-10:00am Beginning Yoga	Michael	1
	10:15-11:30am Hatha Flow	Merry	½
Sunday			
	9:00-10:00am Community Yoga	Staff	All
	10:15-11:30am Yoga Flow	Laurel	1/2
	4:30-6:00pm Restorative Yoga	Jeannie	All

All classes are available for drop-in, except for series classes

Yoga mats and an abundance of props are provided at the studio.

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)

“Each moment is a place you’ve never been”.
~ Mark Strand