

February Schedule 2016

Seaside Studio

| | <u>Class</u> | <u>Instructor</u> | <u>Level</u> |
|------------------|--|-------------------|--------------|
| Monday | | | |
| 7:30-8:30am | Sivananda Yoga | Graeme | All |
| 9:30-10:45am | Hatha Flow Yoga | Jenn | All |
| 5:45-6:50pm | Hatha Yoga | Jenn | All |
| 7:00-8:15pm | 6 wk Beginners Series (Jan 11-Feb 15) | Amelia | 1 |
| Tuesday | | | |
| 7:30-8:30am | Hath Yoga | Jenn | All |
| 9:00-10:00am | Sivananda Yoga | Shakuntla | All |
| 10:15-11:45am | Prenatal Yoga | Kaylin | All |
| 12:30-1:30pm | Postnatal Yoga | Kaylin | All |
| 2:00-3:00pm | Ashtanga Flow + Meditation | Kaylin | All |
| 5:45-6:50pm | Beginning Yoga | Connie | 1 |
| 7:30-9:00pm | Restorative Yoga | Jeannie | All |
| Wednesday | | | |
| 7:30-8:30am | Sivananda Yoga | Shakuntla | All |
| 8:45-10:15am | Iyengar Yoga | Carolyn | All |
| 5:45-6:50pm | Hatha Yoga | Amelia | All |
| Thursday | | | |
| 7:30-8:30am | Hatha Yoga | Gennica | All |
| 9:30-10:45am | Inversion Thursdays | Graeme | 2/3 |
| 12:00-12:50pm | Hatha Flow Yoga | Jenn | All |
| 4:30-5:40pm | Gentle Yoga | Jeannie | All |
| 6:30-8:00pm | Prenatal Yoga | Brittney | All |
| Friday | | | |
| 8:30-9:30am | Partner Yoga | Shakuntla | All |
| 4:00-5:00pm | Free Community Yoga | Staff | All |
| Saturday | | | |
| 8:15-9:30am | Hatha Yoga | Linda | All |
| 9:45-10:45am | Hatha Yoga | Gennica | All |
| Sunday | | | |
| 8:30-9:30am | Sivananda Yoga | Shakuntla | All |
| 10:00-11:15am | Yoga Flow | Kerensia | All |
| 4:30-6:00pm | Yoga For Relaxation | Jeannie W. | All |

Pacific Grove Studio

| | <u>Class</u> | <u>Instructor</u> | <u>Level</u> |
|------------------|---|-------------------|--------------|
| Monday | | | |
| 8:00-9:00am | Hatha Yoga Flow | Gemma | All |
| 9:15-10:15am | Vinayasa Flow | Kelli | All |
| 5:15-6:15pm | Hatha Yoga Flow | Marcia | All |
| 6:45-8:00pm | Prenatal Yoga | Kaye | All |
| Tuesday | | | |
| 7:30-8:30am | Hatha Yoga Flow | Gemma | All |
| 9:30-10:45am | Hatha Yoga Flow | Beth | 3 |
| 12:00-1:00pm | Hatha Yoga Flow | Marcia | All |
| 5:30-6:30pm | Hatha Yoga | Kerensia | All |
| 6:45-8:00pm | Hatha Yoga Flow | Kerensia | All |
| Wednesday | | | |
| 8:00-9:00am | Hatha Yoga Flow | Gemma | All |
| 9:30-10:30am | Yoga for Midlife & Beyond | Cathy | 1 |
| 11:00-12pm | Gentle Beginners Yoga | Cathy | 1 |
| 3:45-4:45pm | Therapeutic Yoga | Karen | All |
| 5:15-6:30pm | Intro to Iyengar Yoga | Carolyn | All |
| 7:00-8:30pm | 5 Wk Beg Flow Series (Jan 20-Feb 17) | Kerensia | All |
| Thursday | | | |
| 9:30-10:45am | Hatha Yoga Flow | Gemma | All |
| 12:00-1:00pm | Hatha Yoga Flow | Marcia | All |
| 5:30-6:30pm | Hatha Yoga | Beth | All |
| 6:45-8:00pm | Hatha Yoga Flow | Beth | All |
| Friday | | | |
| 7:45-9:00am | Vinyasa Flow | Megan | 2 |
| 9:30-10:45am | Yoga Flow | Kerensia | 2 |
| 12:00-1:00pm | Hatha Yoga Flow | Kerensia | All |
| 4:00-5:00pm | Gentle Yoga | Jeannie | All |
| 5:30-6:30pm | Restorative Yoga | Jeannie | All |
| Saturday | | | |
| 9:00-10:15am | Beginning Yoga | Charlene | 1 |
| 10:30-11:45am | Vinyasa Flow | Kelli | All |
| Sunday | | | |
| 9:30-10:30am | Hatha Yoga | Gemma | All |
| 11:00am-12pm | Restorative Yoga | Gemma | 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 | Hatha Yoga | Ally | All |
| Tuesday | | | |
| 12:30-1:30pm | Gentle Yoga | Jamie | 1 |
| 4:30-5:45pm | Gentle Yoga | Sherrie | 1 |
| 6:00-7:30pm | Prenatal Yoga | Sherrie | All |
| 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 | | | |
| 9:00-10:00am | Hatha Yoga | Ellen | All |
| 4:30-5:30pm | Hatha Yoga | Ellen | 1 |
| 5:45-6:45pm | Yoga Flow | Sophia | All |
| 7:00-8:00pm | Candlelight Flow | Sophia | All |
| Friday | | | |
| 9:30-10:45am | Vinyasa Yoga | Sophia | All |
| 12:30-1:30pm | Free Comm Yoga | Staff | 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 | All |

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 (1 year minimum practice recommended)

Level 3 - For seasoned practitioners, exploring deeper refinement in postures