



Seaside Yoga Sanctuary
May Schedule

Seaside Studio

Class Level

Instructor

Monday

9:30-10:45am Hatha Yoga All Levels
Konnie
5:45-6:50pm Hatha Yoga All Levels
Laura
7:00-8:00pm 6 Wk Beginner Series (5/21-6/25)
Laura

Tuesday

7:30-8:30am Hatha Yoga All Levels
Laura
10:00-11:45am Prenatal Yoga All Levels
Carrie
5:45-7:00pm Gentle Yoga All Levels
Jeannie
7:30-8:45pm Pajama Yoga (Restorative) All
Jeannie W

Wednesday

10:30-11:30am Sivananda Yoga All Levels
Shakuntla
5:45-6:50pm Hatha Yoga All Levels
Deborah

Thursday

7:30-8:30am Hatha Yoga All Levels
Laura
10:00-11:00am Mommy & Me Yoga (ages 6-
18mos) Laura
4:30-5:40pm Gentle Yoga All Levels
Jeannie W.
6:00-8:00pm Prenatal Yoga All Levels
Carrie

Friday

6:30-7:30pm Family Yoga All Levels
Laura

Saturday

8:15-9:30am Hatha Yoga All Levels
Candice
9:45-10:45am Hatha Yoga All Levels
Laura
11:00-11:45am Toddler & Me Yoga (ages 2-4)
Melissa

Sunday

8:00-8:30am Self Lead Meditation All
Staff
8:30-9:30am Sivananda Yoga All Levels
Shakuntla
10:00-11:30am **Kundalini Yoga All Levels
Jeannie W.
4:30-5:45pm *Yoga for Relaxation All



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Contact Us:

831-899-YOGA (9642)
www.seasideyogasanctuary.com
1360 Fremont Blvd, Seaside
Chataqua Hall (Corner of 17th & Central), Pacific Grove



View our calendar on-line for upcoming workshops and events!

Pacific Grove Studio

<u>Instructor</u>	<u>Class</u>	<u>Level</u>
Monday		
9:30-10:45am Mazie	Vinyasa Flow	All Levels
Tuesday		
9:30-10:45am Amy	Ashtanga Inspired	All Levels
12:00-1:00pm Amy	Yoga Flow	All Levels
6:00-8:00pm Candice	Prenatal Yoga	All Levels
Wednesday		
9:30-10:30am Cathy	Yoga Simply for Seniors	All
Thursday		
12:00-1:00pm Marcia	Yoga Flow	All Levels
5:30-6:30pm Gina	Yoga Flow	All Levels
Friday		
9:30-10:30am Konnie	Hatha Yoga	All Levels
4:30-5:30pm Stephanie	Gentle Yoga	All Levels
Saturday		
9:00-10:30am Diana	Kundalini Yoga	All Levels
Sunday		
9:30-10:30am Marcia	Hatha Yoga	All Levels



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9:00-10:30am Diana	Kundalini Yoga	All Levels
Sunday		
9:30-10:30am Marcia	Hatha Yoga	All Levels

Class Pricing:

Regular / Student & Military Rate

Drop-in: \$14/\$10
3 Class Card: \$36/\$30 Good for 30 days
5 Class Card: \$55/\$50 Good for 45 days
10 Class Card: \$100/\$90 Good for 90 days
Month Unlimited \$90/\$80 Good 30 days from purchase date
Month Unlimited AutoPay \$85/\$75
3 Mo. Unl. \$255/\$225
6 Mo. Unl. \$500/\$440
Year Unl.\$975/\$870

(prenatal, beginner series & movement meditation are not included in monthly unlimited pass)

Prenatal Yoga: \$85 for 6 week series or \$16 drop-in

*Donation class, suggested \$7-\$15

**Kundalini Yoga: \$10 drop-in or class card

Kids Yoga \$9 per class or \$40 for 5 classes



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