

4:30-5:45pm

\*Yoga for Relaxation All

#### Seaside Yoga Sanctuary May Schedule

#### Sassida Studia

anceuary	Seaside Studio		Seaside Studio		udio
	<u>Class</u> <u>L</u>	<u>-evel</u>		<u>Class</u> <u>l</u>	<u>Level</u>
<u>Instructor</u>			<u>Instructor</u>		
<b>Monday</b> 9:30-10:45am	Hatha Yoga	All Levels	<b>Monday</b> 9:30-10:45am	Hatha Yoga	All Levels
Konnie 5:45-6:50pm	Hatha Yoga	All Levels	Konnie 5:45-6:50pm	Hatha Yoga	All Levels
Laura 7:00-8:00pm Laura	6 Wk Beginner Se	eries (5/21-6/25)	Laura 7:00-8:00pm Laura	6 Wk Beginner S	eries (5/21-6/25
<b>Tuesday</b> 7:30-8:30am Laura	Hatha Yoga	All Levels	<b>Tuesday</b> 7:30-8:30am Laura	Hatha Yoga	All Levels
10:00-11:45am Carrie	Prenatal Yoga	All Levels	10:00-11:45am Carrie	Prenatal Yoga	All Levels
5:45-7:00pm Jeannie	Gentle Yoga	All Levels	5:45-7:00pm Jeannie	Gentle Yoga	All Levels
7:30-8:45pm Jeannie W	Pajama Yoga (Res	storative) All	7:30-8:45pm Jeannie W	Pajama Yoga (Re	estorative) All
<b>Wednesday</b> 10:30-11:30am Shakuntla	Sivananda Yoga	All Levels	Wednesday 10:30-11:30am Shakuntla	Sivananda Yoga	All Levels
5:45-6:50pm Deborah	Hatha Yoga	All Levels	5:45-6:50pm Deborah	Hatha Yoga	All Levels
<b>Thursday</b> 7:30-8:30am	Hatha Yoga	All Levels	Thursday 7:30-8:30am Laura	Hatha Yoga	All Levels
Laura 10:00-11:00am	Mommy & Me Yo	ga (ages 6-	10:00-11:00am 18mos) Laura	Mommy & Me Yo	
18mos) Laura 4:30-5:40pm	Gentle Yoga	All Levels	4:30-5:40pm Jeannie W.	Gentle Yoga	All Levels
Jeannie W. 6:00-8:00pm Carrie	Prenatal Yoga	All Levels	6:00-8:00pm Carrie	Prenatal Yoga	All Levels
<b>Friday</b> 6:30-7:30pm	Family Yoga	All Levels	Friday 6:30-7:30pm Laura	Family Yoga	All Levels
Saturday	Hatha Vaga	All Loyals	Saturday 8:15-9:30am	Hatha Yoga	All Levels
8:15-9:30am Candice	Hatha Yoga	All Levels	Candice 9:45-10:45am	Hatha Yoga	All Levels
9:45-10:45am Laura 11:00-11:45am Melissa	Hatha Yoga Toddler & Me Yog	All Levels a (ages 2-4)	Laura 11:00-11:45am Melissa	Toddler & Me Yo	ga (ages 2-4)
Sunday			<b>Sunday</b> 8:00-8:30am	Self Lead Medita	tion All
8:00-8:30am Staff	Self Lead Meditat	ion All	Staff 8:30-9:30am	Sivananda Yoga	All Levels
8:30-9:30am Shakuntla	Sivananda Yoga	All Levels	Shakuntla 10:00-11:30am	**Kundalini Yoga	All Levels
10:00-11:30am Jeannie W.	**Kundalini Yoga	All Levels	Jeannie W 4:30-5:45pm	*Yoga for Relaxat	
4:30-5:45pm	*Yoga for Relaxati	on All	Staff	rogu for relaxat	

# Seaside Yoga Sanctuary

### May Schedule Seaside Studio

<u>Class</u>	<u>Level</u>

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

':30-8:30am	Hatha Yoga	All Levels
.aura .0:00-11:45am	Prenatal Yoga	All Levels
Carrie 5:45-7:00pm eannie	Gentle Yoga	All Levels

5:45-6:50pm Deborah	Hatha Yoga	All Levels
Thursday		
7:30-8:30am	Hatha Yoga	All Levels

:30-5:40pm	Gentle Yoga	All Levels
eannie W.		
:00-8:00pm	Prenatal Yoga	All Levels

## All Levels

Saturday		
3:15-9:30am	Hatha Yoga	All Levels

Caridice		
9:45-10:45am	Hatha Yoga	All Levels
Laura		

0.00 0.504111	Sen Lead Picareación	7 111
Staff		
8:30-9:30am	Sivananda Yoga	All Levels

Staff

#### Contact Us:

831-899-YOGA (9642)

www.seasideyogasanctuary.com 1360 Fremont Blvd, Seaside Chataqua Hall (Corner of 17<sup>th</sup> & Central), Pacific Grove



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

#### **Pacific Grove Studio**

Level

Class

	Class	Level
<u>Instructor</u>		
<b>Monday</b> 9:30-10:45am Mazie	Vinyasa Flow	All Levels
<b>Tuesday</b> 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
<b>Wednesday</b> 9:30-10:30am Cathy	Yoga Simply for S	eniors All
<b>Thursday</b> 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
<b>Saturday</b> 9:00-10:30am Diana	Kundalini Yoga	All Levels
<b>Sunday</b> 9:30-10:30am Marcia	Hatha Yoga	All Levels



#### **Contact Us:**

831-899-YOGA (9642)

www.seasideyogasanctuary.com 1360 Fremont Blvd, Seaside Chataqua Hall (Corner of 17<sup>th</sup> & Central), Pacific

Grove



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

#### **Pacific Grove Studio**

	<u>Class</u>	<u>Level</u>
<u>Instructor</u>		
<b>Monday</b> 9:30-10:45am Mazie	Vinayasa Flow	All Levels
<b>Tuesday</b> 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
<b>Wednesday</b> 9:30-10:30am Cathy	Yoga Simply for Se	eniors All
<b>Thursday</b> 12:00-1:00pm Marcia 5:30-6:30pm	Yoga Flow Yoga Flow	All Levels All Levels
Gina		
<b>Friday</b> 9:30-10:30am Konnie	Hatha Yoga	All Levels
4:30-5:30pm Stephanie	Gentle Yoga	All Levels
<b>Saturday</b> 9:00-10:30am Diana	Kundalini Yoga	All Levels
<b>Sunday</b> 9:30-10:30am Marcia	Hatha Yoga	All Levels

#### Class Pricing:

Regular / Student & Military Rate

Drop-in: \$14/\$10

3 Class Card: Good for 30 days \$36/\$30 5 Class Card: Good for 45 days \$55/\$50 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 <u>not</u>included in

monthly unlimited pass)

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

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

\*\*Kundalini Yoga: \$10 drop-in or class card Kids Yoga \$9 per class or \$40 for 5 classes



#### Class Pricing:

Regular / Student & Military Rate

Drop-in: \$14/\$10

3 Class Card: \$36/\$30 Good for 30 days 5 Class Card: Good for 45 days \$55/\$50 \$100/\$90 Good for 90 days 10 Class Card: 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-

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

\*\*Kundalini Yoga: \$10 drop-in or class card Kids Yoga \$9 per class or \$40 for 5 classes

