



3966 Piedmont Avenue
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May-August 2010

* PLEASE NOTE: We will be on holiday schedule from Wednesday, Nov. 24 through Sunday, Nov. 28 and Friday, December 24 through Saturday, Jan. 1. Please check website to see if your class is being held.

**Class descriptions and teacher's bios are listed on our
 PLEASE CHECK WEBSITE FOR UPDATES TO THIS SCHEDULE**

MONDAY

Time	Studio	Class	Level	Instructor	Drop In/ 4 Class Series ¹
6:30 – 7:45 am	1	Shadow Yoga	All	Andy Matinog	\$15/\$50
9:00 – 10:30 am	2	Hatha	2-4	Ann Dyer	\$16/\$54
9:30 – 11:00 am	1	Hatha	1-2	Cheryl Fenner Brown	\$15/\$50
11:30 – 1:00 pm	1	Community	All	Donna Anderson	\$8/sliding
12:00 – 1:30 pm	2	Hatha	1-3	Vickie Russell Bell	\$16/\$54
4:30 – 5:30 pm	2	Teen Yoga	All	Erin Collom	\$12/\$40
6:00 – 7:30 pm	1	Prenatal	All	Cynthea Denise	\$15/\$50
5:45 – 7:15 pm	2	Hatha	All	Vickie Russell Bell	\$16/\$54
7:30 – 9:00 pm	2	Hatha	1-2	Richard Rosen	\$16/\$54
7:45 – 9:00 pm	1	Back Care	All	Baxter Bell	\$15/\$50

TUESDAY

8:00 – 9:15 am	1	Yoga en tu Idioma	1-2	Ana Viveros	\$14/\$48 ^{*2}
9:00 – 10:30 am	2	Hatha	1-2	Raven Nemeroff	\$15/\$50
9:30 – 11:00 am	1	Hatha	All	Alan Leon	\$15-\$45
11:30 – 1:00 pm	1	Gentle Healing	All	Patrice Wagner	\$2-\$10
12:00 – 1:00 pm	2	Hatha	1-3	Caryn Dickman	\$12/\$40
4:00 – 5:30 pm	2	Iyengar Intro	1	Allan Nett	\$20/\$60
5:45 – 7:15 pm	1	Hatha	1-3	Yoko Yoshikawa	\$16/\$52
5:45 – 7:15 pm	2	Iyengar Hatha	2-4	Allan Nett	\$20/\$60
7:30 – 9:00 pm	2	Hatha	1-2	Richard Rosen	\$16/\$54
7:30 – 9:00 pm	1	Restorative	All	Caryn Dickman	\$16/\$52

WEDNESDAY

6:30 – 7:45 am	1	Shadow Yoga	All	Andy Matinog	\$15/\$50
8:15 – 9:15 am	1	Gentle Yoga	1-2	Jill Woolums	\$15/\$46
9:00 – 10:30 am	2	Hatha	2-4	Ann Dyer	\$16/\$54
9:30 – 11:00 am	1	Hatha Flow	All	Ira Israel	\$15/\$50
12:00 – 1:00 pm	1	Yoga Nidra	All	Sharon Olson	\$12/\$40
12:00 – 1:00 pm	2	Hatha YFAC	All	Yolanda Vazquez	donation
2:00 – 3:00 pm	1	Seniors	All	Nancy RandAll	\$8/class
4:00 – 5:00 pm	1	Children 5-8	All	Olga Stein	\$16/\$60
6:00 – 7:15 pm	1	Hatha Yoga Flow	1-3	Sarah Jenness	\$14/\$50
6:00 – 7:30 pm	2	Gentle Basics	1-2	Erin Collom	\$15/\$50
7:30 – 9:00 pm	1	Hatha	1-3	Greg Hartwig	\$15/\$50
7:40 – 9:00 pm	2	Hatha	Basics	Karen Schneider	\$15/\$50

THURSDAY

8:00 – 9:15 am	1	Yoga en tu Idioma	1-2	Ana Viveros	\$14/\$48 ^{*2}
7:45 – 8:45 am	2	Wake Up Yoga	All	Alan Leon	\$12/\$40
9:00 – 10:30 am	2	Hatha	1-2	Raven Nemeroff	\$15/\$50
9:30 – 11:15 am	1	Hatha	2-3	Yoko Yoshikawa	\$16/\$52
12:00-1:15 pm	1	Living w/Cancer	All	Cheryl Fenner Brown	donation
12:00 – 1:30 pm	2	Hatha	1-3	Vickie Russell Bell	\$16/\$54
3:00 – 4:30 pm	1	Ppl w/Disabilities	All	JoAnn Lyons	\$15/\$50
5:30 – 7:00 pm	1	Hatha	1-3	Kath Davis	\$15/\$50
7:15 – 9:00 pm	1	Hatha	2-3	Vickie Russell Bell	\$18/\$62

FRIDAY

6:30 – 7:45 am	1	Shadow Yoga	All	Andy Matinog	\$15/\$50
9:00 – 10:30 am	1	Restorative	All	Ann Dyer	\$16/\$54
9:30 – 11:00 am	2	Hatha	1-3	Clare Finn	\$16/\$54
12:00 – 1:00 pm	2	Slow Flow	All	Carla Koopal	\$13/\$40
12:30 – 1:30 pm	1	Hatha Flow	1-3	Sarah Jenness	\$11/\$40
5:45 – 7:00 pm	1	Self Acceptance	All	Tony Wolff	\$15/\$55

SATURDAY

7:15 – 8:45 am	2	Hatha	All	Jill Woolums	\$17/\$55
8:00 – 9:00 am	1	Tai Chi Chuan	All	Joseph Acquah	\$20/60 ^{*3}
9:00 – 11:15 am	2	Hatha	3-4	Richard Rosen	\$18/\$60 ^{*4}
9:30 – 11:00 am	1	Hatha	1-2	Patty Hirota-Cohen	\$15/\$50
11:15 – 12:45 pm	1	Prenatal	All	Cynthea Denise	\$15/\$50
11:30 – 1:00 pm	2	Hatha	1-2	Richard Rosen	\$16/\$54
1:15 – 2:45 pm	1	Restorative	All	JoAnn Lyons	\$15/\$50
3:00 – 4:30 pm	1	Special Needs	All	JoAnn Lyons	\$15/\$50

SUNDAY

8:00 – 9:00 am	1	Pilates & Yoga	All	Carla Koopal	\$13/\$40
9:00 – 11:00 am	2	Basics	1	Marty/George	\$15/\$50
9:30 – 11:00 am	1	Hatha	1-3	Yoko Yoshikawa	\$16/\$52
11:15 – 1:15 pm	2	Hatha	2-4	Yoko Yoshikawa	\$16/\$52
11:30 – 1:00 pm	1	Yoga Core Strength	1-3	Kath Davis	\$15/\$50
2:00 – 4:00 pm	2	Iyengar Hatha	1-3	Allan Nett	\$25/\$80
4:30 – 6:00 pm	1	Hatha	2-4	Greg Hartwig	\$15/\$50
5:30 – 7:00 pm	2	Community	1-3	Sandra Safadrazieli	\$5/class

*1 First price is for single drop-in class; second price is for series of four classes with the same teacher.

*2 Tuesday class begins Sept. 14; Thursday class begins Sept. 16

*3 \$60.00 per month for one class of instruction per week! Fee is due on the first class of each month. There are no make up classes. Call Joseph with any questions: 415.533.9721

*4 If you're a new student or haven't attended this class for awhile, please check the PYS website under Subs & Cancellations to make sure Richard is in town and teaching this class. Also note, new students MUST arrive 5 minutes early to talk to teacher; NO new students admitted after class starts.