yogaworks

class schedule may 12 - september 14, 2014
mill valley
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MONDAY

7:00-9:00	**Ashtanga/ Mysore 2/3**	John Berlinsky/ Lea Watkins
9:15-10:40	**YogaWorks 2/3**	Erika Trice
9:30-10:40	**YogaWorks 1/2**	Joanna Saxby
11:00-12:25	**Vinyasa Flow 2/3**♫ 🌡	Christopher Love
11:15-12:40	**Iyengar 1/2**	Karen Kukula
12:30-1:25	**YW Flow 2**♫	Eka Ekong
3:00-4:10	**Gentle Yoga 1**♫	Donna Simonsen★
4:30-5:55	**Yin Yoga 1/2**♫	Diana Estey
4:45-5:55	**Vinyasa Flow 2/3**♫	Sharon Lape
6:15-7:10	**YogaWorks 1/2**	Joanna Saxby
6:15-7:40	**YW Flow 2/3**♫	Michele Klink
7:30-8:25	**Vinyasa Flow 2**♫🕯	Jen Burk-Reynolds

TUESDAY

7:00-9:00	**Ashtanga/ Mysore 2/3**	John Berlinsky/ Lea Watkins
9:15-10:25	**Hatha Yoga 1**	Karyn Holland
9:30-10:40	**YW Flow 2**♫	Eka Ekong
11:00-12:10	**Vinyasa Flow 2/3**♫	Sharon Lape
11:00-12:25	**Iyengar 2/3**	Barbara Fabbri
12:30-1:25	**Therapeutics**	Michele Klink
4:30-5:55	**Yin & Yang 2/3**♫	Christy Brown
4:45-5:55	**Hatha Yoga 1/2**♫	Sam Greenlief
6:15-7:10	**Hatha Yoga 1**	Erin Cookston
6:15-7:40	**YogaWorks 2/3**	Erika Trice
7:30-8:25	**Hatha Yoga 1/2**	Anna Proctor

WEDNESDAY

7:00-9:00	**Ashtanga/ Mysore 2/3**	John Berlinsky/ Lea Watkins
9:15-10:40	**YogaWorks 2/3**	Erika Trice
9:30-10:40	**YogaWorks 1/2**	Joanna Saxby
11:00-12:25	**Vinyasa Flow 2/3**♫ 🌡	Christopher Love
11:15-12:40	**Iyengar 1/2**	Karen Kukula
12:30-1:25	**YW Flow 2**♫	Eka Ekong
3:00-4:10	**Hatha Yoga 1**♫	Charlene Lowe★
4:30-5:40	**YW Flow 2**	Nikki Estrada
4:45-5:55	**Vinyasa Flow 2/3**♫	Sharon Lape
6:15-7:10	**YogaWorks 1/2**	Joanna Saxby
6:15-7:40	**YW Flow 2/3**♫	Michele Klink
7:30-8:25	**Vinyasa Flow 2**♫🕯	Jen Burk-Reynolds

THURSDAY

7:00-9:00	**Ashtanga/ Mysore 2/3**	John Berlinsky/ Lea Watkins
9:15-10:25	**Hatha Yoga 1**	Karyn Holland
9:30-10:40	**YW Flow 2**♫	Eka Ekong
11:00-12:10	**Vinyasa Flow 2/3**♫	Sharon Lape
11:00-12:25	**Iyengar 2/3**	Barbara Fabbri
12:30-1:25	**Therapeutics**	Michele Klink
4:30-5:55	**Yin & Yang 2/3**♫	Christy Brown
4:45-5:55	**Hatha Yoga 1/2**♫	Sam Greenlief
6:15-7:10	**Hatha Yoga 1**	Erin Cookston
6:15-7:40	**Vinyasa Flow 2/3**♫	Eric Monkhouse
7:30-8:25	**Hatha Yoga 1/2**	Anna Proctor

FRIDAY

7:00-9:00	**Ashtanga/ Mysore 2/3**	John Berlinsky/ Lea Watkins
9:15-10:40	**YogaWorks 2/3**	Erika Trice
9:30-10:40	**YogaWorks 1/2**	Joanna Saxby
11:00-12:10	**Vinyasa Flow 2**	Erin Cookston
11:15-12:40	**Iyengar 1/2**	Karen Kukula
12:30-1:40	**Hatha Yoga 2/3**♫	Nubia Teixeira
4:30-5:40	**YW Flow 2**♫	Hillary Skibell
5:15-6:10	**Hatha Yoga 1/2**	Jennifer Murphy
6:30-7:25	**Vinyasa Flow 2/3**♫	Amy Sullivan
6:30-7:55	**Restoratives**♫	Mirabai Warkulwiz

SATURDAY

8:00-9:10	**Vinyasa Flow 2**♫	Amy Sullivan
8:30-9:55	**Hatha Yoga 3**	Alice Rocky
9:45-11:10	**Vinyasa Flow 3**♫	Sharon Lape
10:00-11:10	**YogaWorks 1**♫	Michele Klink
11:30-12:45	**YogaWorks 2**♫	Michele Klink
1:00-2:10	**Vinyasa Flow 2/3**♫	Nadine Johnson

SUNDAY

9:00-10:10	**Hatha Yoga 1/2**	Anna Proctor
9:30-10:55	**Vinyasa Flow 2/3**	James Higgins
10:30-11:40	**Prenatal**	Rachel Yellin
11:15-12:40	**Vinyasa Flow 2/3**♫ 🌡	Christopher Love
1:00-1:55	**Fundamentals of Yoga***	Anna Proctor/ Joanna Saxby
5:00-6:10	**Vinyasa Flow 2/3**♫	Christy Brown
6:30-7:40	**Yin Yoga 1/2**♫	Christy Brown

LEGEND

Ashtanga classes do not meet on new and full moon days: (5/14, 5/28, 6/12, 6/27, 8/25, 9/8,

- * Fundamentals of Yoga takes place on the 2nd & 4th Sunday each month. First time students given priority. Call studio for details.
- ♫ Led by music
- 🌡 Room temperatures 85 degrees and above.
- ★ Class taught by a recent YogaWorks 500-hour Teacher Training Graduate.
- 🕯 Led by candlelight

Visit yogaworks.com or download our mobile app for substitute teachers and holiday hours.