yogaworks

class schedule january 14 - may 12, 2013
mill valley
650 e. blithedale avenue mill valley, ca 94941
415.318.7650 yogaworks.com

MONDAY

7:00-9:00	**Ashtanga/ Mysore 2/3*** John Berlinsky / Lea Watkins
9:15-10:45	**YogaWorks 2/3** Erika Trice
9:30-10:45	**YogaWorks 1/2** Joanna Saxby
11:00-12:25	**Vinyasa Flow 2/3♫** Christopher Love 🌡
11:15-12:45	**Iyengar 1/2** Karen Kukula
12:30-1:30	**Classical Pilates Mat 1/2** Fernanda Repsold
1:00-2:00	**Vinyasa Flow 2♫** Mirabai Warkulwiz
4:30-5:55	**Vinyasa Flow 2/3♫** Sharon Lape
4:30-5:55	**Yin Yoga 1/2♫** Diana Estey
6:15-7:15	**YogaWorks 1** Joanna Saxby
6:15-7:45	**YW Flow 2/3♫** Michele Klink
7:30-8:30	**Candle Flow 2♫** Sarah Pascual

TUESDAY

7:00-9:00	**Ashtanga/ Mysore 2/3*** John Berlinsky / Lea Watkins
7:30-8:30	**Yoga Blend 1/2♫** Greta Habor ★
9:30-10:45	**Vinyasa Flow 2♫** Lisa Maria
9:30-10:45	**Yoga Blend 1♫** Michele Klink
11:00-12:15	**Vinyasa Flow 2/3♫** Sharon Lape
11:00-12:25	**Iyengar 2/3** Barbara Fabbri
12:30-1:30	**Vinyasa Flow 2♫** Karyn Holland
1:00-2:00	**Yoga Blend 1** Lilia Roman ★
4:30-5:55	**Vinyasa Flow 2/3♫** Christy Brown
4:45-6:00	**Yoga Blend 1/2♫** Sam Greenlief
6:15-7:25	**Iyengar 1** Karen Kukula
6:15-7:40	**YogaWorks 2/3** Erika Trice
7:30-8:30	**Yoga Blend 1/2** Anna Proctor

WEDNESDAY

7:00-9:00	**Ashtanga / Mysore 2/3*** John Berlinsky / Lea Watkins
9:15-10:45	**YogaWorks 2/3** Erika Trice
9:30-10:45	**YogaWorks 1/2** Joanna Saxby
11:00-12:25	**Vinyasa Flow 2/3♫** Christopher Love 🌡
11:15-12:45	**Iyengar 1/2** Karen Kukula
12:30-1:30	**Classical Pilates Mat 2/3** Fernanda Repsold
1:00-2:00	**Vinyasa Flow 2♫** Mirabai Warkulwiz
4:30-5:45	**YW Flow 2** Nikki Estrada
4:30-5:55	**Vinyasa Flow 2/3♫** Sharon Lape
6:15-7:15	**YogaWorks 1** Joanna Saxby
6:15-7:45	**YW Flow 2/3♫** Michele Klink
7:30-8:30	**Candle Flow 2♫** Sarah Pascual

THURSDAY

7:00-9:00	**Ashtanga / Mysore 2/3*** John Berlinsky / Lea Watkins
7:30-8:30	**Yoga Blend 1/2♫** Caramia Tambornino★
9:30-10:45	**Vinyasa Flow 2♫** Lisa Maria
9:30-10:45	**Yoga Blend 1♫** Michele Klink
11:00-12:15	**Vinyasa Flow 2/3♫** Sharon Lape
11:00-12:25	**Iyengar 2/3** Barbara Fabbri
12:30-1:30	**Vinyasa Flow 2♫** Karyn Holland
4:30-5:55	**Vinyasa Flow 2/3♫** Christy Brown
4:45-6:00	**Yoga Blend 1/2♫** Sam Greenlief
6:15-7:25	**Iyengar 1** Karen Kukula
6:15-7:45	**Vinyasa Flow 2/3♫** Eric Monkhouse
7:30-8:30	**Yoga Blend 1/2** Anna Proctor

FRIDAY

7:00-9:00	**Ashtanga / Mysore 2/3*** John Berlinsky / Lea Watkins
9:15-10:45	**YogaWorks 2/3** Erika Trice
9:30-10:45	**YogaWorks 1/2** Joanna Saxby
11:00-12:25	**Iyengar 2/3** Robert Brook
11:15-12:45	**Iyengar 1/2** Karen Kukula
12:30-1:30	**Vinyasa Flow 2/3♫** Sharon Lape
4:30-5:30	**Yin + Gentle Yoga♫** Jean Johnson
4:30-6:00	**YW Flow 2♫** Hillary Skibell
6:00-7:15	**Yoga Blend 1/2 ♫** Jennifer Lanciault ★
6:30-8:00	**Restoratives** Beverlee Burke

SATURDAY

8:30-9:30	**Vinyasa Flow 2♫** Eric Monkhouse
8:30-9:55	**Iyengar 3** Alice Rocky
9:45-11:15	**Vinyasa Flow 3♫** Sharon Lape
10:00-11:15	**Yoga Blend 1♫** Michele Klink
11:30-12:45	**YogaWorks 2♫** Michele Klink
1:00-2:15	**Vinyasa Flow 2/3♫** Sarah Pascual

SUNDAY

9:00-10:15	**Yoga Blend 1/2** Anna Proctor
9:30-11:00	**Vinyasa Flow 2/3♫** James Higgins
10:30-11:45	**Prenatal** Rachel Yellin
11:15-12:45	**Vinyasa Flow 2/3♫** Christopher Love 🌡
1:00-2:00	**Fundamentals of Yoga**** Anna Proctor / Joanna Saxby
3:30-4:45	**Yoga Blend 1/2** Ryan Saavedra ★
5:00-6:15	**Vinyasa Flow 2/3♫** Christy Brown
6:30-7:45	**Yin Yoga 1/2♫** Christy Brown

LEGEND

* Ashtanga/Mysore classes do not meet on moon days including: (2/10, 2/25, 3/11, 3/27, 4/10, 4/25, 5/9)

** Fundamentals of Yoga takes place on the 2nd & 4th Sunday each month. Check with studio for specific dates. Free to all. Pre-registration recommended.

♫ Music

🌡 Come prepared for room temperatures 85 degrees and above

★ Complimentary class taught by a recent YogaWorks 500-hour Teacher Training Graduate

Visit yogaworks.com for substitute teachers and holiday hours.