

July 2010

	Level	Effort	Class	Instructor
Monday				
9:30-10:45am	All Levels	Moderate to Challenging	Hatha Yoga	Laura
5:45-6:50pm	All Levels	Moderate	Hatha Yoga	Laura
Tuesday				
7:30-8:30am	All Levels	Moderate	Hatha Yoga	Laura
9:30-11:00am	All Levels		Prenatal Yoga	Laura
3:30-4:45pm	All Levels	Gentle	Gentle Yoga	Jeannie
5:00-5:45pm	Ages 5-10		Kids Yoga	Deb
6:00-7:00pm	All Levels	Moderate	Yoga Flow	Staff
Wednesday				
7:00-8:00am	All Levels		Mat Pilates ** (not included w/yoga cards)	Blair
9:30-10:30am	All Levels	Moderate	Teen Yoga	Jessica
10:45-11:45am	All Levels	Challenging	Sivananda	Shakuntla
5:45-6:50pm	All Levels	Moderate to Challenging	Hatha Yoga	David
7:00-8:30pm	All Levels	Gentle	Restorative Yoga	Jeannie
Thursday				
7:30-8:30am	All Levels	Moderate	Hatha Yoga	Laura
4:30-5:30pm	All Levels	Gentle	Gentle Yoga	Jeannie
6:00-8:00pm	All Levels		Prenatal Yoga	Laura
Friday				
9:30-10:30am	All Levels	Moderate	Teen Yoga	Jessica
11:00-12:15pm	All Levels		Post Natal Yoga	Laura
4:00-5:00pm	All Levels		Mat Pilates ** (not included w/yoga cards)	Blair
Saturday				
8:15-9:30am	All Levels	Moderate to Challenging	Hatha Yoga	Candice
9:45-10:45am	6-18mos		Mommy & Me Yoga	Candice
Sunday				
10:00-11:00am	All Levels	Moderate	Hatha Yoga	Lisa
4:30-5:45pm	All Levels	Gentle	Yoga for Relaxation* (class by donation)	Jeannie

Seaside Yoga Sanctuary
1360 Fremont Blvd
Seaside, CA 93955



Class Fees: (regular fee/student, military, RYT 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

Monthly Unlimited: \$90/\$80

30 days from purchase

3 Month Unlimited: \$255/225

6 Month Unlimited: \$500/440

Year Unlimited: \$975/870

Post Natal: \$15/class or \$55 for 4 classes *Good 45 days*

Prenatal: \$16/class, \$85 for one 6 week session

Or \$160 for both 6 week sessions

Kid's Yoga: \$45 for 4 weeks

*suggested \$7-\$15 donation

**classes paid to instructor \$14 drop-in or \$100 for 10 classes

Contact Us:

831.899.YOGA (9642)

seasideyoga@sbcglobal.net

www.seasideyogasanctuary.com

Studio closed on July 4th

Toddler & Me Yoga on summer break until August

Located in the heart of Seaside, we welcome the community to our warm and peaceful atmosphere for the study and practice yoga.

A Sanctuary For You

Our experienced and well-trained staff provides classes for all levels of yoga practitioners and for the new to yoga. The yoga postures are taught in a safe, supportive manner; incorporating the basic principles of alignment and use of props. Through the practice of yoga; flexibility, strength, breath and body awareness is developed.

From that awareness, a new healthy lifestyle can be achieved.

April Events

Monday, April 5th

6 Week Beginner Series
Mondays, 7-8pm with Laura McKinnon

Tuesday, April 6th

Gong Meditation Journey
With Visudha de los Santos
7:30-9:00pm

Sat & Sun, April 10th & 11th

Introduction to Arbonne
1-4pm

Join us for Refreshments, FREE Raffle Tickets, Door Prizes, Samples, & Fun!

Sunday, April 18th

Partner Prenatal Yoga
with Michelle Spencer
1:00-3:00pm

Saturday, April 17th

Seaside's Community Dance
Music by DJ, All ages welcome
\$10 suggested donation

To register for any event: call 899.YOGA or email seasideyoga@sbcglobal.net
Or view event details and register online at www.seasideyogasanctuary.com