

March 2010

	Level	Effort	Class	Instructor
Monday				
10:00-11:15am	All Levels	Moderate to Challenging	Hatha Yoga	Laura
5:45-6:50pm	All Levels	Moderate	Hatha Yoga	Laura
7:00-8:00pm	Beginner	Moderate	6Week Beginner Series	Laura
Tuesday				
7:30-8:30am	All Levels	Moderate	Hatha Yoga	Laura
10:00-11:30am	All Levels		Prenatal Yoga	Laura
12:00-1:00pm	All Levels	Moderate	Hatha Yoga	Michael
3:30-4:45pm	All Levels	Gentle	Gentle Yoga	Jeannie
5:00-5:45pm	Ages 6-10		Yoga for Kids	Natalie
6:00-7:00pm	All Levels	Moderate	Yoga Flow	Michael
Wednesday				
9:00-10:00am			Anat Baniel/Feldenkreis**	Jacqueline
10:30-11:30am	All Levels	Challenging	Sivananda	Shakuntla
5:45-6:50pm	All Levels	Moderate to Challenging	Hatha Yoga	Natalie
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	Michelle
Friday				
9:00-10:00am			Anat Baniel/Feldenkreis**	Jacqueline
11:00-12:15pm	All Levels		Post Natal Yoga	Michelle
Saturday				
8:15-9:30am	All Levels	Moderate to Challenging	Hatha Yoga	Candice
9:45-11:00am	6-18mos		Mommy & Me Yoga	Candice
11:15-12:00pm	18mos-4yr		Toddler & Me Yoga	Jessica
Sunday				
10:00-11:00am	All Levels	Moderate	Hatha Yoga	Lisa
4:30-5:45pm	All Levels	Gentle	Yoga for Relaxation*	Various

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

**contact 831-277-8161 for class fee & schedule

Contact Us:

831.899.YOGA (9642)

seasideyoga@sbcglobal.net

www.seasideyogasanctuary.com

(see other side for event calendar)

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.

March Events

Saturday, March 6th

Into to Arm Balances
with Candice Garrett
1:00-4:00pm
Fee – \$60

Sunday, March 7th

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

Sunday, March 14th

Thai Yoga Massage Workshop
with Michelle Spencer
1:00-4:30pm

Saturday, March 20th

Balance the Imbalance
with Elise Miller
1:00-5:00pm

Saturday, March 20th

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