yogaworks

class schedule september 16 - january 12, 2014
mill valley
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415.318.7650 • yogaworks.com

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	**Hatha Yoga 1/2**♫ Sarah McNeil★
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** Joanna Saxby
6:15-7:40	**YW Flow 2/3**♫ Michele Klink
7:30-8:25	**Vinyasa Flow 2**♫🕯 Sarah Pascual

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** (starts 10/1) Michele Klink
4:30-5:55	**Yin & Yang 2/3**♫ Christy Brown
4:45-5:55	**Hatha Yoga 1/2**♫ Sam Greenlief
6:15-7:25	**Iyengar 1** Karen Kukula
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 1/2**♫ Danielle Dorfman★
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** Joanna Saxby
6:15-7:40	**YW Flow 2/3**♫ Michele Klink
7:30-8:25	**Vinyasa Flow 2**♫🕯 Sarah Pascual

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** (starts 10/3) Michele Klink
4:30-5:55	**Yin & Yang 2/3**♫ Christy Brown
4:45-5:55	**Hatha Yoga 1/2**♫ Sam Greenlief
6:15-7:25	**Iyengar 1** Karen Kukula
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
11:00-12:25	**Hatha Yoga 2/3** Robert Brook
11:15-12:40	**Iyengar 1/2** Karen Kukula
12:30-1:25	**Vinyasa Flow 2/3**♫ Sharon Lape
3:00-4:10	**Hatha Yoga 1/2**♫ Sarah Wickham★
4:30-5:40	**YW Flow 2**♫ Hillary Skibell
6:00-7:10	**Vinyasa Flow 2/3**♫ Jennifer Murphy
6:30-7:55	**Restoratives** Beverlee Burke

SATURDAY

8:00-8:55	**Vinyasa Flow 2**♫ Eric Monkhouse
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
11:30-12:40	**YogaWorks 2**♫ Michele Klink
1:00-2:25	**Vinyasa Flow 2/3**♫ Stacie Overby

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: 9/19, 10/4, 10/18, 11/3, 11/17, 12/2, 12/17, 1/1

- * Class size limited, pre-registration required. 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.