# yogaworks

class schedule may 13 - september 15, 2013

**larkspur**

2207 larkspur landing circle • larkspur, ca 94939

415.925.2440 • yogaworks.com

## MONDAY

- 7:30-8:15 **Yoga Blend 1/2♫** Carrie Kostiner
- 9:00-10:30 **Iyengar 1/2** Karen Kukula
- 9:30-10:45 **Yoga Blend 1♫** Sam Greenlief
- 9:30-11:00 **YW Flow 2/3** Nikki Estrada
- 11:15-12:45 **Vinyasa Flow 2/3♫** James Higgins
- 12:30-1:45 **Yoga Blend 1/2♫** Janna Barkin
- 4:30-5:45 **Yoga Blend 1/2♫** Sam Greenlief
- 4:45-6:00 **YW Flow 2/3♫** Hillary Skibell
- 6:00-7:00 **Yoga Blend 1♫** Sam Greenlief
- 6:00-7:25 **Iyengar 2** Jacqueline Gerson
- 6:15-7:30 **Vinyasa Flow 2/3♫** Nubia Teixeira
- 7:30-8:30 **Yoga Blend 1** Heidi Segedin
- 7:30-8:30 **Fundamentals of Yoga**** Sam Greenlief
- 7:45-9:00 **Candle Flow 2♫** Mirabai Warkulwiz

## TUESDAY

- 6:15-7:15 **Yoga Blend 1/2** Erin Cookston
- 9:30-10:55 **Iyengar 1** Jacqueline Gerson
- 9:30-10:55 **YogaWorks 2♫** Hillary Skibell
- 9:30-11:00 **Vinyasa Flow 2/3♫** James Higgins
- 11:15-12:40 **Yoga Blend 1/2♫** Christy Brown
- 11:15-12:45 **Prenatal♫** Janna Barkin
- 12:45-2:00 **Yoga Blend 2♫** Nubia Teixeira
- 4:30-5:55 **Yin Yoga 1/2♫** Diana Estey
- 4:45-5:55 **Vinyasa Flow 2/3♫** Lisa Maria
- 5:00-5:55 **BarWorks® 1/2♫ ***** Kendra Pollack
- 6:00-7:30 **Yoga Blend 1♫** Michele Klink
- 6:15-7:30 **Vinyasa Flow 2/3♫** Dave Larot
- 7:45-8:55 **Yoga Blend 1/2** Jonathan Pofsky

## WEDNESDAY

- 7:30-8:15 **Yoga Blend 1/2♫** Carrie Kostiner
- 9:00-10:30 **Iyengar 1/2** Karen Kukula
- 9:30-10:45 **Yoga Blend 1♫** Sam Greenlief
- 9:30-11:00 **YW Flow 2/3** Nikki Estrada
- 11:15-12:45 **Vinyasa Flow 2/3♫** Karyn Holland
- 12:00-1:00 **Therapeutics** Michele Klink
- 12:30-1:45 **Yoga Blend 1/2♫** Janna Barkin
- 2:00-3:15 **Yoga Blend 2♫** Lewie Hamady ★
- 4:30-5:45 **Yoga Blend 1/2♫** Sam Greenlief
- 4:45-6:00 **YW Flow 2/3♫** Hillary Skibell
- 6:00-7:00 **Yoga Blend 1♫** Sam Greenlief
- 6:00-7:25 **Iyengar 2** Jacqueline Gerson
- 6:15-7:30 **Vinyasa Flow 2/3♫** Nubia Teixeira
- 7:30-8:30 **Yoga Blend 1** Heidi Segedin
- 7:45-9:00 **Candle Flow 2♫** Mirabai Warkulwiz

## THURSDAY

- 6:15-7:15 **Yoga Blend 1/2** Erin Cookston
- 9:30-10:55 **Iyengar 1** Jacqueline Gerson
- 9:30-10:55 **YogaWorks 2♫** Hillary Skibell
- 9:30-11:00 **Vinyasa Flow 2/3♫** James Higgins
- 11:15-12:40 **Yoga Blend 1/2♫** Christy Brown
- 12:45-2:00 **Yoga Blend 2♫** Nubia Teixeira
- 4:30-5:55 **Yin Yoga 1/2♫** Diana Estey
- 4:45-5:55 **Vinyasa Flow 2/3♫** Lisa Maria
- 5:00-5:55 **BarWorks® 1/2♫***** Kendra Pollack
- 6:00-7:30 **Yoga Blend 1♫** Michele Klink
- 6:15-7:30 **Vinyasa Flow 2/3♫** Dave Larot
- 7:45-8:55 **Yoga Blend 1/2** Jonathan Pofsky

## FRIDAY

- 9:00-10:00 **Yoga Blend 1** Karyn Holland
- 9:30-10:45 **Yoga Blend 1/2♫** Sam Greenlief
- 9:30-11:00 **YW Flow 2/3** Nikki Estrada
- 11:15-12:45 **Vinyasa Flow 2/3♫** Peggy Orr
- 12:00-1:00 **Therapeutics** Michele Klink
- 12:30-1:45 **Yoga Blend 1/2♫** Janna Barkin
- 4:30-5:45 **Vinyasa Flow 2♫** Diana Estey
- 6:30-8:00 **Restoratives♫** Mirabai Warkulwiz

## SATURDAY

- 8:00-9:15 **Yoga Blend 1/2** Jennifer Murphy
- 9:00-10:15 **Yoga Blend 1♫** Karyn Holland
- 9:00-10:15 **Iyengar 2** Jacqueline Gerson
- 10:00-11:15 **YogaWorks 1/2♫** Hillary Skibell
- 10:30-11:55 **Vinyasa Flow 2/3♫** Lisa Maria
- 12:15-1:15 **Yoga Blend 1♫** Tamela Smith
- 4:30-6:00 **Yoga Blend 1/2♫** Dave Larot

## SUNDAY

- 8:00-10:00 **Ashtanga / Mysore 2/3*** Lea Watkins
- 8:30-10:00 **Yoga Blend 2/3♫** Ulrika Engman
- 9:30-10:45 **Yoga Blend 1♫** Karyn Holland
- 10:15-11:45 **Vinyasa Flow 2♫** Peggy Orr
- 10:30-11:45 **Yoga Blend 1/2♫** Ulrika Engman
- 11:00-12:00 **Yoga Blend 1** Heidi Segedin
- 12:00-1:30 **Vinyasa Flow 2/3♫** Peggy Orr
- 12:15-1:15 **Fundamentals of Yoga**** Heidi Segedin
- 4:30-5:45 **Vinyasa Flow 2♫** Diana Estey
- 6:00-7:15 **Restoratives♫** Mirabai Warkulwiz

my yogaworks

Enjoy even more of our classes anytime, anywhere.
Online at myyogaworks.com.

**LEGEND**

- * Ashtanga/Mysore classes do not meet on moon days including: (6/23, 7/8, 7/22, 8/6, 8/20, 9/5)
- ** Fundamentals of Yoga complimentary class. Every other Monday & Sunday of the month. Check with studio for specific dates. Pre-registration recommended.
- *** Class does not utilize a bar at this location.
- ♫ Music
- ★ Complimentary class taught by a recent YogaWorks 500 hour Teacher Training Graduate.