yogaworks

class schedule september 16 - january 12, 2014
larkspur
2207 larkspur landing circle • larkspur, ca 94939
415.925.2440 • yogaworks.com

MONDAY

- 7:30-8:25 **Hatha Yoga 1/2♫** Carrie Kostiner
- 9:00-10:25 **Iyengar 1/2** Karen Kukula
- 9:30-10:40 **Hatha Yoga 1♫** Sam Greenlief
- 9:30-10:55 **YW Flow 2/3** Nikki Estrada
- 11:15-12:40 **Vinyasa Flow 2/3♫** James Higgins
- 12:30-1:40 **Hatha Yoga 1/2♫** Janna Barkin
- 4:30-5:40 **Hatha Yoga 1/2♫** Sam Greenlief
- 4:45-5:55 **YW Flow 2/3♫** Hillary Skibell
- 6:00-7:10 **Hatha Yoga 1♫** Sam Greenlief
- 6:00-7:25 **Iyengar 2** Jacqueline Gerson
- 6:15-7:25 **Hatha Yoga 2/3♫** Nubia Teixeira
- 7:30-8:25 **Hatha Yoga 1** Heidi Segedin
- 7:30-8:25 **Fundamentals of Yoga*** Sam Greenlief
- 7:45-8:55 **Vinyasa Flow 2♫🕯** Mirabai Warkulwiz

TUESDAY

- 6:15-7:10 **Vinyasa Flow 2** Erin Cookston
- 9:30-10:40 **YogaWorks 2♫** Hillary Skibell
- 9:30-10:55 **Iyengar 1** Jacqueline Gerson
- 9:30-10:55 **Vinyasa Flow 2/3♫** James Higgins
- 11:15-12:40 **Hatha Yoga 1/2♫** Christy Brown
- 11:15-12:40 **Prenatal♫** Janna Barkin
- 12:45-1:55 **Hatha Yoga 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 Pollock
- 6:00-7:25 **YogaWorks 1♫** Michele Klink
- 6:15-7:40 **Vinyasa Flow 2/3♫** Dave Larot
- 7:45-8:55 **Hatha Yoga 1/2** Jonathan Pofsky

WEDNESDAY

- 7:30-8:25 **Hatha Yoga 1/2♫** Carrie Kostiner
- 9:00-10:25 **Iyengar 1/2** Karen Kukula
- 9:30-10:40 **Hatha Yoga 1♫** Sam Greenlief
- 9:30-10:55 **YW Flow 2/3** Nikki Estrada
- 11:15-12:40 **Vinyasa Flow 2/3♫** Karyn Holland
- 12:00-12:55 **Therapeutics** Michele Klink
- 12:30-1:40 **Hatha Yoga 1/2♫** Janna Barkin
- 4:30-5:40 **Hatha Yoga 1/2♫** Sam Greenlief
- 4:45-5:55 **YW Flow 2/3♫** Hillary Skibell
- 6:00-7:10 **Hatha Yoga 1♫** Sam Greenlief
- 6:00-7:25 **Iyengar 2** Jacqueline Gerson
- 6:15-7:25 **Hatha Yoga 2/3♫** Nubia Teixeira
- 7:30-8:25 **Hatha Yoga 1** Heidi Segedin
- 7:45-8:55 **Vinyasa Flow 2♫🕯** Mirabai Warkulwiz

THURSDAY

- 6:15-7:10 **Vinyasa Flow 2** Erin Cookston
- 9:30-10:40 **YogaWorks 2♫** Hillary Skibell
- 9:30-10:55 **Iyengar 1** Jacqueline Gerson
- 9:30-10:55 **Vinyasa Flow 2/3♫** James Higgins
- 11:15-12:40 **Hatha Yoga 1/2♫** Christy Brown
- 12:45-1:55 **Hatha Yoga 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 Pollock
- 6:00-7:25 **YogaWorks 1♫** Michele Klink
- 6:15-7:40 **Vinyasa Flow 2/3♫** Dave Larot
- 7:45-8:55 **Hatha Yoga 1/2** Jonathan Pofsky

FRIDAY

- 9:00-9:55 **Hatha Yoga 1** Karyn Holland
- 9:30-10:40 **Hatha Yoga 1/2♫** Sam Greenlief
- 9:30-10:55 **YW Flow 2/3** Nikki Estrada
- 11:15-12:40 **Vinyasa Flow 2/3♫** Peggy Orr
- 12:00-12:55 **Therapeutics** Michele Klink
- 12:30-1:40 **Hatha Yoga 1/2♫** Janna Barkin
- 4:30-5:40 **Vinyasa Flow 2♫** Diana Estey
- 6:30-7:55 **Restoratives♫** Mirabai Warkulwiz

SATURDAY

- 8:00-9:10 **Hatha Yoga 1/2** Jennifer Murphy
- 9:00-10:10 **Hatha Yoga 1♫** Karyn Holland
- 9:00-10:10 **Iyengar 2** Jacqueline Gerson
- 10:00-11:10 **YogaWorks 1/2♫** Hillary Skibell
- 10:30-11:55 **Vinyasa Flow 2/3♫** Lisa Maria
- 12:15-1:10 **Hatha Yoga 1♫** Tamela Smith
- 4:30-5:55 **Vinyasa Flow 2/3♫** Jen Burk Reynolds

SUNDAY

- 8:00-10:00 **Ashtanga / Mysore 2/3** Lea Watkins
- 8:30-9:55 **Hatha Yoga 2/3♫** Ulrika Engman
- 9:30-10:40 **Hatha Yoga 1♫** Karyn Holland
- 10:15-11:40 **Vinyasa Flow 2♫** Peggy Orr
- 10:30-11:40 **Hatha Yoga 1/2♫** Ulrika Engman
- 11:00-11:55 **Hatha Yoga 1** Heidi Segedin
- 12:00-1:25 **Vinyasa Flow 2/3♫** Peggy Orr
- 12:15-1:10 **Fundamentals of Yoga*** Heidi Segedin
- 4:30-5:40 **Vinyasa Flow 2♫** Diana Estey
- 6:00-7:10 **Restoratives♫** Mirabai Warkulwiz

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

- * Every other Monday & Sunday of the month. Class size limited, pre-registration required. First time students given priority. Call studio for details.
- ** Class does not utilize a bar at this location.
- ♫ Led by music
- ★ Class taught by a recent YogaWorks 500 hour Teacher Training Graduate.
- 🕯 Led by candlelight

Visit yogaworks.com or dowload our mobile app for substitute teachers and holiday hours.