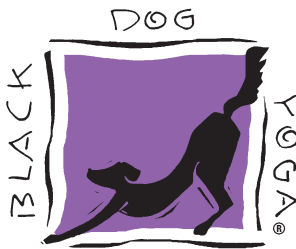


class schedule

SPRING 2010



an eclectic mix of hatha yoga™

blackdogyoga.com

818.380.0331

monday

7:00a - 8:25a	Intermediate Flow	Shawn Bracha
9:00a - 10:30a	Core Yoga Flow	Margaret Buckley
9:30a - 11:00a	Basic Flow	Sigrid Matthews
10:30a - 12:00p	Strong Anusara	Jenny Brill ♥
11:00a - 12:30p	Deep Stretch, All Levels	Heidi Kaufman
12:00p - 1:15p	Come Alive for \$5	Shawn Bracha
3:00p - 4:30p	Mixed Level Anusara Comm. (\$10)	Shari Goodhartz ♥
5:00p - 6:25p	Intermediate Flow	Peter Barnett
5:30p - 6:55p	Basic Flow	Hanna Gilan
6:00p - 7:25p	Intermediate	Maria Cristina ♥
6:30p - 7:55p	Mixed Level	Patty Pierce
7:00p - 8:30p	Gentle Yoga	Lauri Janover
7:30p - 9:00p	Complete Breath Int. Flow	John Sahakian
8:00p - 9:15p	Mixed Level Flow Community (\$10)	Rachel Pinsker

tuesday

7:00a - 8:15a	Basics	Cindi Lee
7:00a - 8:30a	Ashtanga Prep** (Donation only)	Hanna Gilan
9:00a - 10:25a	Intermediate Flow	Sigrid Matthews
9:30a - 10:55a	Strong Flow	Peter Barnett
10:30a - 11:55a	Intermediate Anusara	Tiffany Fraser ♥♥
10:45a - 12:00p	Healthy Backs/Yin Yoga	Sigrid Matthews
11:00a - 12:30p	Yoga for Beginners	Georgina O'Farrill
12:00p - 1:15p	Come Alive for \$5	Rachel Jackson
3:00p - 4:25p	Mixed Level Community (\$10)	Joy Stone
4:30p - 5:45p	Mixed Level Flow*** (Donation only)	Graduate Teachers
5:30p - 6:55p	Basics	Lauri Janover
6:15p - 7:25p	Yoga for Beginners	Mischa Allen
7:00p - 8:30p	Strong Flow	Dice Iida-Klein
7:30p - 9:00p	Basic Flow	Cindi Lee

prices

- Single Class - \$17
- Community Class - \$10
- KCRW Discount Price - \$14

Series:

5 classes - \$ 70 (\$14 per class)	Monthly Unlimited - \$150
10 classes - \$ 130 (\$13 per class)	6 Month Unlimited - \$750
15 classes - \$ 180 (\$12 per class)	1 Year Unlimited - \$1,200
20 classes - \$ 220 (\$11 per class)	Auto-deduct Unlimited - \$110/mo.
25 classes - \$ 250 (\$10 per class)	

All class series are non-refundable and expire in 1 year.

wednesday

7:00a - 8:25a	Intermediate Flow	Shawn Bracha
9:00a - 10:30a	Strong Flow	Dice Iida-Klein
9:30a - 11:00a	Basic Flow	Sigrid Matthews
10:30a - 11:55p	Strong Anusara	Maria Cristina ♥
11:00a - 12:30p	Deep Stretch, All Levels	Heidi Kaufman
12:00p - 1:15p	Come Alive for \$5	Shawn Bracha
3:00p - 4:30p	Mixed Level Anusara Comm. (\$10)	Shari Goodhartz ♥
5:00p - 6:25p	Intermediate Flow	Peter Barnett
5:30p - 6:55p	Basic Flow	Hanna Gilan
6:00p - 7:25p	Intermediate	Maria Cristina ♥
6:30p - 7:55p	Mixed Level	Patty Pierce
7:00p - 8:30p	Gentle Yoga	Lauri Janover
7:30p - 9:00p	Complete Breath Int. Flow	John Sahakian
8:00p - 9:15p	Mixed Level Flow Community (\$10)	Rachel Pinsker

thursday

7:00a - 8:15a	Basics	Cindi Lee
7:00a - 8:30a	Ashtanga Prep** (Donation only)	Hanna Gilan
9:00a - 10:25a	Intermediate Flow	Sigrid Matthews
9:30a - 10:55a	Strong Flow	Peter Barnett
10:30a - 11:55a	Intermediate Anusara	Tiffany Fraser ♥♥
10:45a - 12:00p	Healthy Backs/Yin Yoga	Sigrid Matthews
11:00a - 12:30p	Yoga for Beginners	Georgina O'Farrill
12:00p - 1:15p	Come Alive for \$5	Rachel Jackson
3:00p - 4:25p	Mixed Level Community (\$10)	Joy Stone
3:30p - 5:00p	Yoga for Beginners—Anusara	Tiffany Fraser ♥♥
4:30p - 5:45p	Mixed Level Flow*** (Donation only)	Graduate Teachers
5:30p - 6:55p	Basics	Lauri Janover
6:15p - 7:25p	Yoga for Beginners	Mischa Allen
7:00p - 8:30p	Strong Flow	Dice Iida-Klein
7:30p - 9:00p	Basic Flow	Cindi Lee

friday

7:00a - 8:25a	Intermediate Flow	Shawn Bracha
9:00a - 10:30a	Strong Flow	Sigrid Matthews
9:30a - 11:00a	Basic Flow	Margaret Buckley
10:30a - 11:55a	Strong Anusara	Jenny Brill ♥
12:00p - 1:15p	Come Alive for \$5	Shawn Bracha
3:00p - 4:30p	Mixed Level Anusara Comm. (\$10)	Shari Goodhartz ♥
5:00p - 6:30p	Intermediate Flow	Peter Barnett
6:00p - 7:30p	Deep Stretch, All Levels	Heidi Kaufman
6:30p - 8:00p	Candlelight Flow	Taylor Estes

saturday

8:30a - 9:30a	Core Yoga Flow Community (\$10)	Tracy Haywood
9:00a - 10:25a	Gentle Yoga	Lauri Janover
9:30a - 11:00a	Intermediate Flow*	Peter Barnett
10:30a - 12:00p	Intermediate Anusara	Tiffany Fraser ♥♥
11:15a - 12:45p	Basic Flow	Hanna Gilan
1:30p - 3:00p	Yoga for Beginners	Keric Morinaga
4:30p - 6:00p	Mixed Level Flow	Shawn Bracha

sunday

8:00a - 9:25a	Ashtanga Prep**	Hanna Gilan
9:00a - 10:25a	Basics	Cindi Lee
9:15a - 10:45a	Intermediate Flow	Taylor Estes
9:30a - 11:00a	Strong Flow*	Dice Iida-Klein
10:30a - 12:00p	Strong Anusara	Jenny Brill ♥
11:30a - 12:45p	Healthy Backs/Yin Yoga	Mischa Allen
1:30p - 3:00p	Yoga for Beginners	Lauri Janover
3:15p - 4:45p	Intermediate Flow	Hanna Gilan
4:00p - 5:30p	Strong Flow	Georgina O'Farrill
5:00p - 6:30p	Restorative Yoga, All Levels	Melissa Morgan

Mommy & Me, Kids, and Pre & Post Natal Yoga are now at our sister studio, Two Hearts Yoga, a few doors away. 818.501.9642 • twoheartsyoga.com

Does not meet on Moon Days. Ask Hanna for details. *Pay what you can. Donation: the act of giving! Cash or check only, please. (Class Series cannot be used.)

♥♥ Certified Anusara instructor ♥ Anusara-inspired, Non-Certified Anusara instructor

Classes subject to change without notice – please check the website for current schedule.