

an eclectic mix of hatha yoga™

SHERMAN OAKS SQUARE

4454 Van Nuys Blvd. Suite 206
Sherman Oaks, CA 91403
At Moorpark St.(Upstairs)

blackdogyoga.com
818.380.0331

class schedule

SPRING 2010

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

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 lida-Klein
7:30p - 9:00p	Basic Flow	Cindi Lee

wednesday

7:00a - 8:25a	Intermediate Flow	Shawn Bracha
9:00a - 10:30a	Strong Flow	Dice lida-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

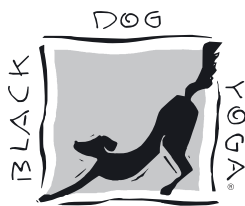
thursday

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 lida-Klein
7:30p - 9:00p	Basic Flow	Cindi Lee

continued on reverse

class schedule

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prices

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

Series:

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

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

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	Stong 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 Yoga 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

class descriptions

HATHA YOGA: THE PHYSICAL YOGA

Hatha Yoga is the physical practice as part of the 8-limbed practice of Yoga. It encompasses a variety of systems, or teaching styles. Yoga is personal, and though teaching methods vary, the benefits are the same. The speed of the flow and the style of instruction will vary from teacher to teacher, as each of our instructors is unique and may draw upon a range of disciplines and traditions.

Yoga for Beginners A beginning class pulling from all styles of Hatha Yoga designed specifically for the beginning yoga student with no experience. A great foundation for anyone brand new to yoga.

Basic(s) Challenging work on basic yoga postures.

Intermediate For students with a developing practice. Not appropriate as a first-ever yoga class.

Strong Advanced Level class. May include advanced variations of inversions, arm balances, and backbends.

Mixed Level All are welcome to this class where detailed variations are given so that all students can practice at their own level.

Flow Linking poses and breath, building internal heat, creating suppleness in the body through constant movement, these classes can be vigorous or meditative, sound-tracked or not, depending on the teacher.

Anusara & Anusara-inspired (♥) A style of Hatha Yoga where each class has a heart-oriented theme as well as refined principles of physical alignment.

Ashtanga Prep An introduction to Ashtanga Yoga; a practice which builds strength and stamina using a fixed sequence of poses linked with breath.

Candlelight Flow An intermediate level, soulful flow class, set to music amidst candlelight.

Come Alive for \$5 An hour and fifteen minute flow class to energize and awaken! A mixed level class.

Community Always a quality class at a great savings.

Complete Breath Int. Flow An intermediate level flow class with emphasis on linking breath, movement and intention.

Core Yoga Flow An intermediate level class with emphasis on moving from the core center.

Deep Stretch Non-flowing, but a deep stretch for all levels.

Gentle Yoga Breathing, stretching, relaxing. A great place to start.

Healthy Backs/Yin Yoga A therapeutic approach to yoga addressing the needs of those suffering from chronic pain and tension in the back, neck and shoulder areas.

Restorative Yoga Props are used in floor poses, to alternately stimulate and relax the body. Deeply relaxing!

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

*Drop Off: Come take a class at Black Dog while your child takes one at Two Hearts Yoga. Ages 3 and up.

**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

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