

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

FALL 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 - 10:25a | Strong Flow | Briohny Smyth |
| 9:15a - 10:15a | Mindful Body Sculpt | Chappell Westlake |
| 9:30a - 10:55a | Basic Flow | Sigrid Matthews |
| 10:35a - 12:05p | Strong Anusara | Jenny Brill ♥ |
| 11:00a - 12:30p | Deep Stretch, All Levels | Heidi Kaufman |
| 12:15p - 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 | Basic+Gentle (Yin Yang Yoga) | Bow Savikul |
| 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 |
| 9:00a - 10:25a | Intermediate Flow | Sigrid Matthews |
| 9:30a - 10:40a | Mindful Body Sculpt | Margaret Buckley |
| 9:30a - 10:55a | Strong Flow | Peter Barnett |
| 10:35a - 12:05p | Intermediate Anusara | Tiffany Fraser ♥♥ |
| 10:45a - 12:00p | Basic Alignment for Healthy Backs | Sigrid Matthews |
| 11:00a - 12:30p | Yoga for Beginners | Georgina O'Farrill |
| 12:15p - 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 - 10:25a | Strong Flow | Dice lida-Klein |
| 9:15a - 10:15a | Mindful Body Sculpt | Chappell Westlake |
| 9:30a - 10:55a | Basic Flow | Sigrid Matthews |
| 10:35a - 12:05p | Strong Anusara | Maria Cristina ♥♥ |
| 11:00a - 12:30p | Deep Stretch, All Levels | Heidi Kaufman |
| 12:15p - 1:15p | Come Alive for \$5 | Cassie Crespo |
| 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 | Basic+Gentle (Yin Yang Yoga) | Bow Savikul |
| 7:30p - 9:00p | Complete Breath Int. Flow | John Sahakian |
| 8:00p - 9:15p | Mixed Level Flow Community (\$10) | Rachel Pinsker |

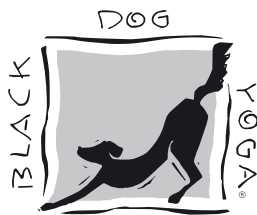
thursday

| | | |
|-----------------|---|--------------------|
| 7:00a - 8:15a | Basics | Cindi Lee |
| 9:00a - 10:25a | Intermediate Flow | Sigrid Matthews |
| 9:30a - 10:40a | Mindful Body Sculpt | Margaret Buckley |
| 9:30a - 10:55a | Strong Flow | Peter Barnett |
| 10:35a - 12:05p | Intermediate Anusara | Tiffany Fraser ♥♥ |
| 10:45a - 12:00p | Basic Alignment for Healthy Backs | Sigrid Matthews |
| 11:00a - 12:30p | Yoga for Beginners | Georgina O'Farrill |
| 12:15p - 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

FALL 2010



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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 - 10:25a | Strong Flow | Diane Hudock |
| 9:15a - 10:15a | Mindful Body Sculpt | Chappell Westlake |
| 9:30a - 11:00a | Basic Flow | Margaret Buckley |
| 10:35a - 12:05p | Stong Anusara | Jenny Brill ♥ |
| 12:15p - 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 | Soulful Flow Community (\$10) | Tyler Pagan |

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 |
| 10:35a - 12:05p | Intermediate Anusara | Tiffany Fraser ♥♥ |
| 11:15a - 12:45p | Basic Flow | Hanna Gilan |
| 12:15p - 1:30p | Yoga for Beginners | Joy Stone |
| 1:30p - 2:55p | Basics | Keric Morinaga |
| 3:00p - 4:25p | Strong Flow | Diane Hudock |
| 4:30p - 6:00p | Mixed Level Flow | Shawn Bracha |

sunday

| | | |
|-----------------|---|--------------------|
| 9:00a - 10:25a | Basics | Cindi Lee |
| 9:15a - 10:45a | Intermediate Flow | Cassie Crespo |
| 9:30a - 11:00a | Strong Flow* | Dice Iida-Klein |
| 10:35a - 12:05p | Strong Anusara | Jenny Brill ♥ |
| 11:30a - 12:45p | Basic Alignment for Healthy Backs | Mischa Allen |
| 12:15p - 1:30p | Mixed Level Flow** (Donation only) | Graduate Teachers |
| 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 |
| 4:15p - 5:15p | Belly Dancing | Chappell Westlake |
| 5:00p - 6:30p | Restorative Yoga, All Levels | Melissa Morgan |
| 5:15p - 6:15p | Mindful Body Sculpt | Chappell Westlake |

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.

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

Basic+Gentle (Yin Yang Yoga) 45 minutes of basic yoga and 45 minutes of gentle stretching, set to an inspiring soundtrack.

Belly Dancing You don't have to be a dancer to enjoy the ancient art of belly dance. Come shake out your chakras and truly learn to "let go", for this innovative blend of styles and movement. Great for stress reduction, toning, strengthening, as well as opening channels of energy for an innovative form of alternative healing. All levels and gentlemen welcome.

Come Alive for \$5 An hour 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.

Mindful Body Sculpt Learn to define, correct and strengthen your muscle imbalances while heightening your awareness and overall body's strength for optimal functioning on or off your mat. Using modern integrated and functional training techniques this energetic class is the fusion of yoga with traditional exercise modalities, incorporating cardio, light weights, resistance tools (bands, balls, discs) with yogic principles and innovative movement. A welcomed compliment to any yoga practice. All levels welcome. (bring your sneakers and yoga mat)

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

Soulful Flow Come and unwind in this mixed level soulful flow class set to an inspiring soundtrack amidst candlelight. A great way to end the workweek.

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.

**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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