



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

SUMMER 2011

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	Cassie Crespo
3:00p - 4:30p	Mixed Level Anusara Comm. (\$10)	Shari Goodhartz ■
5:00p - 6:25p	Intermediate Flow	Peter Barnett
6:00p - 7:25p	Intermediate Anusara	Maria Cristina ■■
6:30p - 7:55p	Strong Flow	Ella Cojocar
7:00p - 8:30p	Basic Flow	Hanna Gilan
7:30p - 9:00p	Yoga for Beginners	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
9:15a - 10:40a	Basics	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
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 • (Donation only)	Graduate Teachers
5:30p - 6:55p	Gentle Yoga	Susan Priver
6:00p - 7:25p	Intermediate Flow	Shawn Bracha
6:30p - 8:00p	Basics	Mischa Allen
7:00p - 8:30p	Strong Flow	Dice Iida-Klein
7:30p - 9:00p	Mixed Level Flow	Bow Savikul

wednesday

7:00a - 8:25a	Intermediate Flow	Shawn Bracha
9:00a - 10:25a	Strong Flow	Dice Iida-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
6:00p - 7:25p	Intermediate Anusara	Maria Cristina ■■
6:30p - 7:55p	Strong Flow	Ella Cojocar
7:00p - 8:30p	Basic Flow	Hanna Gilan
7:30p - 9:00p	Yoga for Beginners	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
9:15a - 10:40a	Basics	Margaret Buckley
9:30a - 10:55a	Strong Flow	Peter Barnett
10:35a - 12:05p	Intermediate	Camilla Bergstrom
10:45a - 12:00p	Basic Alignment for Healthy Backs	Sigrid Matthews
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 • (Donation only)	Graduate Teachers
5:30p - 6:55p	Gentle Yoga	Lauri Janover
6:00p - 7:25p	Intermediate Flow	Shawn Bracha
6:30p - 8:00p	Basics	Mischa Allen
7:00p - 8:30p	Strong Flow	Dice Iida-Klein
7:30p - 9:00p	Mixed Level Flow	Bow Savikul

continued on reverse

class schedule

SUMMER 2011



an eclectic mix of hatha yoga™

blackdogyoga.com
818.380.0331

prices

Single Class - \$18
Community Class - \$10
KCRW card holders - \$14

Series:

5 classes - \$ 75 (\$15 per class)
10 classes - \$ 140 (\$14 per class)
15 classes - \$ 195 (\$13 per class)
20 classes - \$ 240 (\$12 per class)
25 classes - \$ 275 (\$11 per class)
30 classes - \$ 300 (\$10 per class)

All Class Packages Expire in 1 Year

Monthly Unlimited - \$165
6 Month Unlimited - \$825
1 Year Unlimited - \$1,350
Auto-Deduct Annual Unlimited - \$120/mo.
(1-year contract)

Sorry, no refunds

friday

7:00a - 8:25a **Intermediate Flow**
9:00a - 10:25a **Strong Flow**
9:15a - 10:15a **Mindful Body Sculpt**
9:30a - 11:00a **Basic Flow**
10:35a - 12:05p **Strong Anusara**
12:15p - 1:15p **Come Alive for \$5**
3:00p - 4:30p **Mixed Level Anusara Comm.** (\$10)
5:00p - 6:30p **Intermediate Flow**
6:00p - 7:30p **Deep Stretch, All Levels**
6:30p - 8:00p **Soulful Flow Community** (\$10)
with live drumming by **Ossie Mair**
Last Friday of the month only

Shawn Bracha
Diane Hudock
Chappell Westlake
Margaret Buckley
Jenny Brill ■
Cassie Crespo
Shari Goodhartz ■
Peter Barnett
Heidi Kaufman
Tyler Pagan

saturday

8:15a - 9:15a **Core Yoga Flow Community** (\$10)
9:00a - 10:00a **Mindful Body Sculpt**
9:00a - 10:25a **Gentle Yoga**
9:30a - 11:00a **Intermediate Flow ♥♥**
10:35a - 12:05p **Intermediate Anusara**
11:15a - 12:45p **Basic Flow**
12:15p - 1:30p **Yoga for Beginners**
1:30p - 2:55p **Basics**
4:00p - 5:45p **Master Class**
4:30p - 6:00p **Mixed Level Flow**

Tracy Haywood
Chappell Westlake
Lauri Janover
Peter Barnett
Tiffany Fraser ■■
Hanna Gilan
Joy Stone
Keric Morinaga ■■
Diane Hudock
Shawn Bracha

sunday

9:00a - 10:25a **Basics**
9:15a - 10:45a **Intermediate Flow**
9:30a - 11:00a **Strong Flow ♥♥**
10:35a - 12:05p **Strong Anusara**
11:30a - 12:45p **Basic Alignment for Healthy Backs**
12:15p - 1:30p **Mixed Level •** (Donation only)
1:30p - 3:00p **Yoga for Beginners**
3:15p - 4:45p **Intermediate Flow**
4:00p - 5:30p **Strong Flow**
5:00p - 6:30p **Restorative Yoga, All Levels**

Cindi Lee
Tyler Pagan
Dice Iida-Klein
Jenny Brill ■
Mischa Allen
Graduate Teachers
Lauri Janover
Hanna Gilan
Georgina O'Farrill
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 tempo 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) This is a good place to start to build and maintain a strong foundation for your yoga practice. **Beginners are welcome!** A little more challenging than our Gentle classes.

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.

Basic Flow All are welcome to this class which offers moderately challenging work on basic yoga postures. In this class the poses are linked together in a flowing sequence. And when coordinated with the breath internal heat is built creating suppleness in the body. These classes may be 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. **Beginners are 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.

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

Deep Stretch This is a great class for those wishing to gain or maintain flexibility. It's perfect for yogis of any age and any level. In this class we have the opportunity to explore how we feel when holding deep stretch postures for an extended period of time. By surrendering into the poses, no matter how flexible or inflexible we may be, we learn how to experience ourselves with grace. Also known as Yin Yoga. Non-flowing. **Beginners are welcome!**

Gentle Yoga This class is all about enjoying the experience of breathing while you stretch and relax. A little less challenging than our Basic classes, this is a good place to start to build and maintain a good foundation for your yoga practice. **Beginners are welcome!**

Master Class This class is designed to explore the practice of vinyasa, pranayama, bandha, and meditation more deeply and with playfulness.

Mindful Body Sculpt Using modern integrated and functional training techniques this energetic class is the fusion of yoga with traditional exercise modalities, incorporating light weights, resistance tools (bands, balls, discs). All levels.

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

Soulful Flow (PLEASE NOTE: Last Friday of the month) Come and unwind in this mixed level soulful flow class set to live music amidst candlelight. A great way to end the workweek.

- ♥♥ Drop Off: Come take a class at Black Dog while your child takes one at Two Hearts Yoga. Ages 3 and up. Mommy & Me, Kids, and Pre & Post Natal Yoga are at our sister studio, Two Hearts Yoga, a few doors away. (818) 501-9642 www.twoheartsyoga.com
● Pay what you can. Donation: the act of giving! Cash or check only, please. (Class Series cannot be used.)
■ ■ Anusara class, Certified Anusara instructor ■ Anusara-inspired class, Non-Certified Anusara instructor

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