

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

WINTER 2012

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

monday

7:00a - 8:15a	Mixed Level Flow	Shawn Bracha
7:15a - 8:45a	Kundalini Yoga & Meditation	Santosh Kaur Khalsa
9:00a - 10:30a	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	Intermediate Anusara	Jenny Brill ■
11:00a - 12:30p	Deep Stretch/Yin Yoga	Heidi Kaufman
12:15p - 1:15p	Feel Great for \$8	Cassie Crespo
3:30p - 5:00p	Mixed Level Community (\$10)	Shari Goodhartz
5:00p - 6:30p	Intermediate Flow	Peter Barnett
6:00p - 7:25p	Intermediate Anusara	Joy Stone ■
6:45p - 8:15p	Strong Flow	Ella Cojocaru
7:00p - 8:30p	Basic Flow	Hanna Gilan
7:30p - 9:00p	Mixed Level Flow Community (\$10)	Rachel Pinsker

tuesday

6:00a - 7:15a	Mixed Level Flow	Katie Heeran
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	Gentle Yoga	Sigrid Matthews
12:15p - 1:15p	Feel Great for \$8	Rachel Pinsker
3:30p - 5:00p	Mixed Level Flow Community (\$10)	Natalie Bennett
4:30p - 5:45p	Mixed Level (Donation only) ●	Graduate Teachers
5:30p - 6:55p	Gentle Yoga	Lauri Janover
6:00p - 7:30p	Intermediate Flow	Susan Priver
6:30p - 8:00p	Basics/Beginners	Mischa Allen
7:00p - 8:30p	Strong Flow	Dice Iida-Klein
7:30p - 9:00p	Basic Flow	John Sahakian

wednesday

7:00a - 8:15a	Mixed Level Flow	Shawn Bracha
7:15a - 8:45a	Kundalini Yoga & Meditation	Santosh Kaur Khalsa
9:00a - 10:30a	Strong Flow	Diane Hudock
9:15a - 10:15a	Mindful Body Sculpt	Chappell Westlake
9:30a - 10:55a	Basic Flow	Sigrid Matthews
10:35a - 12:05p	Intermediate Anusara	Maria Cristina ■■
11:00a - 12:30p	Deep Stretch/Yin Yoga	Heidi Kaufman
12:15p - 1:15p	Feel Great for \$8	Cassie Crespo
3:30p - 5:00p	Mixed Level Community (\$10)	Shari Goodhartz
5:00p - 6:30p	Intermediate Flow	Peter Barnett
6:00p - 7:25p	Intermediate Anusara	Joy Stone ■
6:45p - 8:15p	Strong Flow	Ella Cojocaru
7:00p - 8:30p	Basic Flow	Hanna Gilan
7:30p - 9:00p	Mixed Level Flow Community (\$10)	Rachel Pinsker

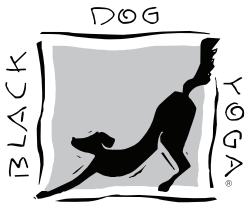
thursday

6:00a - 7:15a	Mixed Level Flow	Katie Heeran
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	Gentle Yoga	Sigrid Matthews
12:15p - 1:15p	Feel Great for \$8	Rachel Pinsker
3:30p - 5:00p	Mixed Level Flow Community (\$10)	Natalie Bennett
4:30p - 5:45p	Mixed Level (Donation only) ●	Graduate Teachers
5:30p - 6:55p	Gentle Yoga	Lauri Janover
6:00p - 7:30p	Intermediate Flow	Susan Priver
6:30p - 8:00p	Basics/Beginners	Mischa Allen
7:00p - 8:30p	Strong Flow	Briohny Smyth
7:30p - 9:00p	Basic Flow	John Sahakian

continued on reverse

class schedule

WINTER 2012



an eclectic mix of hatha yoga™

blackdogyoga.com
818.380.0331

prices

Single Class - \$18 (In Store)
Single Class - \$16 (Online)
Community Class - \$10
KCRW Discount Price - \$14

New Student Special:

2 Weeks of Unlimited Yoga for \$30
(Los Angeles residents only, please)

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 - 8:15a
9:00a - 10:25a
9:15a - 10:15a
9:30a - 11:00a
10:35a - 12:05p
11:00a - 12:20p
12:15p - 1:15p
3:30p - 5:00p
5:00p - 6:30p
6:00p - 7:30p
6:30p - 8:00p

Mixed Level Flow
Strong Flow
Mindful Body Sculpt
Basic Flow
Intermediate Anusara
Deep Stretch
Feel Great for \$8
Mixed Level Community (\$10)
Intermediate Flow
Deep Stretch/Yin Yoga
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 ■
Heidi Kaufman
Cassie Crespo
Shari Goodhartz
Peter Barnett
Heidi Kaufman
Tyler Pagan

saturday

8:15a - 9:15a
9:00a - 10:25a
9:15a - 10:15a
9:30a - 11:00a
10:35a - 12:05p
11:15a - 12:45p
12:15p - 1:30p
1:00p - 2:55p
3:00p - 4:25p
4:30p - 6:00p

Core Yoga Flow Community (\$10)
Gentle Yoga
Mindful Body Sculpt
Intermediate Flow
Intermediate Anusara
Basic Flow
Yoga for Beginners
Advanced Level Class
Basics
Mixed Level Flow

Tracy Haywood
Lauri Janover
Chappell Westlake
Peter Barnett
Tiffany Fraser ■■
Hanna Gilan
Joy Stone ■
Ella Cojocar
Niki Saccareccia
Shawn Bracha

sunday

9:00a - 10:25a
9:15a - 10:45a
9:30a - 11:00a
10:35a - 12:05p
11:30a - 12:45p
12:15p - 1:30p
1:30p - 3:00p
3:15p - 4:45p
5:00p - 6:30p

Basics
Intermediate Flow
Strong Flow ♥♥
Intermediate Anusara
Gentle Yoga
Mixed Level (Donation only) ●
Yoga for Beginners
Intermediate Flow
Restorative Yoga, All Levels

Cindi Lee
Tyler Pagan
Dice Iida-Klein
Jenny Brill ■
Mischa Allen
Graduate Teachers
Niki Saccareccia
Hanna Gilan
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 This class offers moderately challenging work on basic yoga postures which are linked together in a flowing sequence. For students with basic yoga experience.

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

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

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/Yin Yoga This is a great class for students of any age and any level wishing to gain or maintain flexibility. **Beginners are welcome!**

Feel Great for \$8 An hour flow class to energize and awaken! A mixed level class.

Gentle Yoga This is a relaxing class focusing on therapeutic alignment for joint health, emphasizing breath to reduce stress and tension, and fundamental principles of alignment. **Perfect for beginners** or people with chronic pain conditions, and the experienced yogi looking to compliment advanced practices with release and subtle alignment.

Kundalini Yoga This is a powerful, meditative practice that incorporates posture, breath, meditation, and the positive sound current of mantras and the Gong. **Appropriate for all levels.**

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.