



2010 SCHEDULE OF CLASSES July through December

Sunday

8:45-10:15 am	Sandy Blaine	Beginning Yoga
10:30-12:30 pm	Sandy Blaine	Advanced Yoga ^[1]
1:15-2:45 pm	Ande Ball NEW TEACHER	Pre-Natal Yoga ^[2]
3:00-4:30 pm	Jon Morgan	Yoga for Athletes — All Levels
5:00-6:30 pm NEW TIME	Nancy Clarke	Intermediate Yoga

Monday

10:30-11:30 am	Lylia Guion	Feldenkrais
12:30-1:30 pm	Amanda Sharpe	Community Yoga
5:45-7:15 pm	Betsy Weiss	Intermediate Yoga ^[3]
7:30-9:00 pm	Jon Morgan	Beginning/Intermediate Yoga

Tuesday

6:00-7:15 am	Jeff Hippler	Morning Ashtanga ^[4] NEW CLASS
9:00-10:00 am	Dawn Adams	Beginning/Intermediate Yoga
12:00-1:15 pm	Cheryl Fenner Brown	Living with Cancer ^[5]
5:45-7:15 pm	Cheryl Fenner Brown	Gentle & Restorative Yoga
7:30-9:00 pm	Sandy Blaine	Beginning Yoga

Wednesday

6:00-7:00 am	Dawn Adams	Early Morning Yoga — All Levels
10:00-11:30 am	Ande Ball	Post Natal Yoga NEW CLASS
12:30-1:30 pm	Barbara Steiber	Community Yoga
4:00-4:45 pm	Susan Mochizuki	Kids' Yoga (Ages 4-8) ^[6]
5:45-7:15 pm	Johanna Svedberg	Beginning/Intermediate Yoga
7:30-9:00 pm	Dina Hondrogen	Intro/Beginning Yoga ^[7] NEW CLASS

Thursday

5:45-7:15 pm	Betsy Weiss	Beginning/Intermediate Yoga ^[3]
7:30-9:00 pm	Amanda Sharpe	Intermediate Yoga

Friday

12:30-1:30 pm	Marcia Newlin	Community Yoga
5:30-7:00 pm NEW TIME	Katrina LaShea	Intermediate & Restorative Yoga

Saturday

8:30-10:00 am	Nancy Leigh-Smith	Intermediate Yoga
10:15-11:45 am	Marcia Newlin	Beginning/Intermediate Yoga
12:00-1:30 pm	Barbara Lande	Core Pilates for Yoga — All Levels

[1] 2 hour class. (Prices below, no class passes.) Please check with Sandy@alamedayogastation.com before first Sunday class. **[2]** Women at all stages of pregnancy welcome. Drop-ins welcome, no pre-registration necessary. **[3]** Last class of every month is a restorative (passive, stress reduction, relaxation) class. **[4]** Morning Ashtanga starts 8/10. **[5]** Last class of every month is yoga nidra (guided relaxation practice). **[6]** Kids' Yoga is for children ages 4-8. Caregivers and siblings age 3 or older are welcome to attend on the first Wednesday of each month (\$20/2 people, \$5/each additional person). Kids Yoga will not meet in July. Begins Wednesday 8/4. **[7]** 6-week Intro to Yoga Workshop, 7/21-8/25. See inside for details. On-going class starts 9/1.