



# 2010 Schedule of Classes January through June

## Sunday

8:45-10:15 am	Sandy Blaine	Beginning Yoga
10:30-12:30 pm	Sandy Blaine	Advanced Yoga*
1:15-2:45 pm	Johanna Svedberg	Pre-Natal Yoga**
3:00-4:30 pm	Jon Morgan	Yoga for Athletes - All Levels
5:15-6:45 pm	Johanna Svedberg	Hatha Flow Intermediate Yoga
7:00-9:00 pm	Pauletta Chanco <b>NEW TEACHER</b>	Alameda Sangha***

## Monday

10:30-11:30 am	Lylia Guion	Feldenkrais
12:30-1:30 pm <b>NEW TIME</b>	Amanda Sharpe	Community Yoga
5:45-7:15 pm	Betsy Weiss	Intermediate Yoga****
7:30-9:00 pm	Jon Morgan <b>NEW TEACHER</b>	Beginning/Intermediate Yoga

## Tuesday

9:00-10:00 am	Dawn Adams	Beginning/Intermediate Yoga
12:00-1:15 pm	Cheryl Fenner Brown	Living with Cancer***** <b>NEW CLASS</b>
5:45-7:15 pm	JoAnn Lyons	Gentle & Restorative Yoga
7:30-9:00 pm	Sandy Blaine	Beginning Yoga

## Wednesday

6:00-7:15 am <b>NEW TIME</b>	Nasi Raissian	Early Morning Yoga - All Levels
12:30-1:30 pm <b>NEW TIME</b>	Barbara Steiber	Community Yoga
4:00-4:45 pm	Susan Mochizuki	Kids' Yoga (Ages 4-8)+
5:45-7:15 pm	Johanna Svedberg	Beginning/Intermediate Yoga

## Thursday

5:45-7:15 pm	Betsy Weiss	Beginning/Intermediate Yoga****
7:30-9:00 pm	Nasi Raissian	Intermediate Yoga

## Friday

12:30-1:30 pm <b>NEW TIME</b>	Marcia Newlin	Community Yoga
5:30-7:30 pm	Katrina LaShea <b>NEW TEACHER</b>	Intermediate & Restorative Yoga*

## Saturday

8:30-10:00 am	Nancy Leigh-Smith	Intermediate Yoga
10:15-11:45 am	Dawn Adams	Beginning/Intermediate Yoga
12:00-1:30 pm	Barbara Lande	Core Pilates and Yoga** <b>NEW CLASS</b>

\*2 hour class. (Prices below, no class passes.) Please check with [Sandy@alamedayogastation.com](mailto:Sandy@alamedayogastation.com) before first Sunday class. \*\*Women at all stages of pregnancy welcome. Drop-ins welcome, no pre-registration necessary. \*\*\*Alameda Sangha is a spiritual community from Pali. Sangha begins Sunday January 10 (no class January 3). Open to all levels, no meditation experience necessary. \*\*\*\*Last class of every month is a restorative (passive, stress reduction, relaxation) class. \*\*\*\*\*Last class of every month is yoga nidra (guided relaxation practice). \*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). This class will end for Summer Break on Wednesday, June 16. \*\*Core Pilates and Yoga will begin with a 5-week Introduction Saturdays January 9 - February 6. Ongoing class will start Saturday, February 20. A minimum of 6 months yoga experience is recommended or by special permission of the instructor.