

WINTER SCHEDULE

January 15, 2012 to March 31, 2012

MONDAY	9am – 10:30am	Janice Craig	Level 1/2
	10:45am – 12:00pm	Sibyl Buck	*Easy Does It
	6pm – 7:30pm	Lydia Green	Level 2
	8:30pm – 10pm	Edison Park	Tae Kwon Do
TUESDAY	9:15am – 10:30am	Sibyl Buck	Level 2
	11am – 12:30pm	Annmarie Solo	Level 1
	6pm – 7:30pm	Tracey Arnold	Economy 2 \$10
	8pm – 9:30pm	Kate Shela	5 Rhythms Dance
WEDNESDAY	9am – 10:30am	Lydia Green	Level 2/3
	10:45am-12:15pm	Jana Domberg	Ashtanga/Level 1
	1:00pm-2:30pm	Ashley Allbrand	Yoga-ga (Mommy&Baby)
	6pm – 7:30pm	Kara Rosenthal	Level 1/2
	8:30pm – 10pm	Edison Park	Tae Kwon Do
THURSDAY	9:15am – 10:30am	Vivica Schwartz	Level 2
	11am – 12:30pm	Annmarie Solo	Level 1
	6pm – 7:30pm	Tracey Arnold	Economy 2 \$10
	8pm-9:30pm	Cari Ann Shim Sham	West African Dance
FRIDAY	9am – 10:30am	Sibyl Buck	Level 1
	10:45am-12:00pm	Sibyl Buck	*Easy Does It
	6pm – 7:30pm	Matt Crowder	Economy 2/3 \$10
SATURDAY	9am – 10:15am	Masha Sapron	Level 1/2
	10:30am – 12pm	Ashley Allbrand	Level 2/3 Flow
	12:30pm-1:45pm	Master Sio	Hawaiian Kahuna Healing
	3:30pm – 5pm	Edison Park	Tae Kwon Do
SUNDAY	9am – 10:15am	Lydia Green	Level 2/3 Flow
	10:30am – 11:45am	Vivica Schwartz	*Easy Does It

*Our gentlest classes. Great for beginners, older, injured, pre/post-natal, or anyone desiring a gentle class. See Web Site for more info about classes, workshops and events.

Call and response chanting with live devotional

music:

Kirtan in the Canyon with Andrew & Michèle & Friends
on the 1st Saturday of the month, 7pm, 818.340.6088 for info.

Unless otherwise posted, Yoga Desa will be CLOSED

on:

New Years Day, Easter, Memorial Day, 4th of July, Labor Day, Thanksgiving, and Christmas Day.

BREATHING ♥ REACHING ♥ BEING