

A GENTLE WAY YOGA CENTER - 2017 - JULY SCHEDULE

New and Long-Time Students - Please Review Our Below Policies Before Attending Classes - Thank You!

Reservations are not required, but suggested to guarantee your spot. Reservations are held up to 10 minutes before class, and then given to any waiting walk-ins.

Due to the size of our rooms, all students are asked to be present and set-up in the yoga room 5-minutes before class begins.

New students - please arrive 15-20-minutes before class time to speak with the teacher and complete registration.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 - 9:30 DEEPER-TRADITIONAL Diane (L)		7:00-8:00 MODERATE Sean (L)			SATURDAYS- Yoga on a Paddleboard See Website Workshop Page	
10:00 - 11 :30 GENTLE-MODERATE Kristin (L)	9:00 - 10:00 MODERATE Sean (L)	9:00-10:00 MILD-MODERATE Kristin (L)	8:30 - 9:30 DEEPER-TRADITIONAL Diane (L) \$10 Member Special	8:30 - 9:45 MODERATE Sean (L)	8:00 - 9:15 MODERATE-ACTIVE Marguerite (L)	8:30 - 9:45- FLOW YOGA - ACTIVE Amberly & Laura (L)
11:00 - 12:00 MEDITATION & VERY GENTLE SEATED YOGA Carolyn (A)	11:00-12:00 CHAIRS, WALLS, & BALLS Carolyn (L)	10:30 - 11:45 MODERATE-ACTIVE Diane (L)	10:15-11:45 VERY GENTLE (MIMSY) Lanita & Staff (L)	10:15-12:00 GENTLE-MODERATE Lanita & Staff (L)	9:45 - 11:00 MILD-MODERATE Marguerite (L)	10:30 - 12:00 GENTLE Carolyn (A)
12:15 - 1:15 MODERATE Diane (L)		10:30-11:45 MODERATE Kristin (A)	12:15 - 1:15 MODERATE Diane (L)		11:30 - 12:45 ACTIVE MIX Sean (L)	10:30 - 12:30 GENTLE-TRADITIONAL MIMSY - Meditation in Movement Lanita & Staff (L)
4:30-6:00 GENTLE-RESTORATIVE MIX Lanita & Staff (L)	4:00-5:00 FLOW YOGA - ACTIVE Amberly (L)		July 22 - Fund-Raiser for the Sean O' Shea Foundation <u>Donation-Based</u> Classes:	Chair Yoga & Lecture 2:00-2:45PM Blue Moderate 3:00-3:45PM Purple Gentle Moderate 4:00-4:45PM		
5:30-6:30 ACTIVE MIX Sean (A)	5:45-7:00 GENTLE-MODERATE Amy (L)	5:00-6:15 GENTLE-MILD-MODERATE Lanita/Diane	5:30-6:30 SLOW FLOW TRADITIONAL Kristin (L)	5:00-6:00 MODERATE MIX Sean (L)	MEMBER SPECIAL: Bring a friend to our Newcomers Workshop and you attend for FREE!	July 2 - 1pm 12 STEP YOGA CLUB Donation-Based
6:45-8:00 - Amber YOGA FOR MOMMIES June 12,19,26		6:30-7:45 MODERATE -HATHA YOGA Judy		6:30-7:45 GENTLE-RESTORATIVE Cheryl (L)	July 15 - 3:00-5:00pm BEGINNING YOGA WORKSHOP with Kristin - \$25	July 16 - 3-5pm YOGIS IN RECOVERY Donation-Based
7:00-8:00 MODERATE MIX Sean	7:30-8:45 GENTLE Amy (L)		7:00-8:15 GENTLE-MODERATE Kristin (L)			
July 3 - SOUND CONCERT 6:30-7:45pm with Amanda \$25-Member Rate	July 4 - Closed in observance of Independence Day					

Yoga Etiquette: Practice yoga on an empty stomach. Turn off phones when entering Center, and leave in hall cubbys. Enter yoga room with a clean, non-scented body, no perfumes, scented lotions, or aftershaves. Take off jewelry and watches. No shoes in our sacred yoga spaces. Please wash your feet with the baby wipes provided before entering yoga room. Put all props away neatly. Thank you!

Why We Suggest and Love Reservations: You may make reservations up to 30-minutes before class online, or call up to 15-minutes before class to see if space is available.

We are a small yoga studio with 2 small yoga rooms. Reservations help our teachers know who is attending so that they may prepare the room properly, and begin to customize classes for individual needs. All reservations require check-in 10-minutes before start time to guarantee your space. Walk-ins are welcome when space is available.

Reservation Policy & Cancellation Fee: Reservations need to be prepaid. They may be cancelled by phone or email up to 1-hour before class start time without fees. No-shows and un-cancelled reservations will be charged for 1 class. Students on unlimited packages will be charged \$12 for your uncancelled reservation.

Parking: Allow ample time to find parking and arrive early to your class and set up. Extra parking is available on the street, on Jackson Dr., and across Jackson Dr. in at the old Smog Center. Please do not park in spots marked for our neighbors businesses unless they are closed for the day.

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