



Healdsburg Yoga Studio

SCHEDULE

SUMMER 2009

CAROL KING is back teaching **FORREST YOGA**
Thursdays and Sundays - see times below

ONGOING CLASS SCHEDULE

DAY	TIME	CLASS	INSTRUCTOR	FOR INFO
MONDAY	8:00 - 9:45 am	Yoga [Mixed-Level]	Marie Hirsch	707 847-3409
	5:30 - 6:45 pm	Yoga [Beginning]	Deborah Karish	707 431-0993
TUESDAY	8:15 - 9:30 am	Yoga [Mixed-Level]	Deborah Karish	707 431-0993
	5:30 - 6:45 pm	Yoga [Mixed-Level]	Deborah Karish	707 431-0993
	7:00 - 8:30 pm	Zen Sitting Group	Darlene Cohen, Tony Patchell	707 869-3787
WEDNESDAY	8:00 - 9:15 am	Yoga [Beginning]	Deborah Karish	707 431-0993
	10:00 - 11:00 am	Gentle Yoga	Deborah Karish	431-3324 (Senior Center)
	5:00 - 6:00 pm	Feldenkrais	Charlotte Chavez	707 433-7674
	7:00 - 8:00 pm	Tai Chi	Jacob Newell	707 431-8706
THURSDAY	8:15 - 9:30 am	Forrest Yoga	Carol King	707 696-5464
	5:30 - 6:45 pm	Yoga [Mixed-Level]	Deborah Karish	707 431-0993
	7:00 - 8:15 pm	Yoga [Beginning]	Deborah Karish	707 431-0993
FRIDAY	8:15 - 9:30 am	Yoga [Mixed-Level]	Deborah Karish	707 431-0993
	10:00 - 11:00 am	Gentle Yoga Two	Deborah Karish	431-3324 (Senior Center)
SATURDAY	8:00 - 9:45 am	Forrest Yoga Intensive	Deborah Karish	707 431-0993
	10:00 - 11:15 am	Yoga [Beginning]	Deborah Karish	707 431-0993
SUNDAY	9:00 - 10:30 am	Forrest Yoga	Carol King	707 696-5464
	11:00 - noon	Meditation & Sharing Group [all welcome / non-denominational]	Cecile Henning	drop-in; 707 573-8840

Please eat lightly (if at all) before class.
Wear comfortable clothes.
Take your shoes off in the studio
and turn your cell phone off.

See Website for more information
about special events and workshops,
or call 707/431-0993.