



# Healdsburg Yoga Studio

## SCHEDULE

WINTER 2010

### UPCOMING EVENTS / ANNOUNCEMENTS

**\*MARCH SCHEDULE CHANGES FOR THURSDAY + SUNDAY FORREST YOGA**  
 There will be classes *only* on **March 4, 7, 11 and 14**  
 Regular classes will resume on **April 1 and 11**

**NEW WORKSHOP!**  
**UNIVERSAL YOGA WITH KATIE PHILBIN**  
 Saturday, March 13 • Noon to 2:30pm • \$25  
 Intermediate-advanced level

### 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)
	5:30 - 6:30 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 - 10:30am*	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.