

MAY – DECEMBER 2014 SCHEDULE

TUESDAY

4:30-5:45pm	Shadow Series*	Catherine
6:00-7:15 pm	Shadow Basics Series*	Shelley

WEDNESDAY

7:00-8:15am	Shadow Yoga	Catherine
8:30-10:00am	Beginner Yoga	Catherine
4:30-5:45pm	Shadow Basics Series*	Catherine
6:00-7:15pm	Yoga Basics	Shelley

THURSDAY

9:00-10:30am	Beginner Yoga	Shelley
4:30-5:45pm	Shadow Series*	Catherine
6:00-7:15pm	Restorative Yoga	Cindy

SATURDAY

7:00-8:30am	All Levels Yoga	Catherine
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Prices: Yoga **\$14/class**

Shadow Yoga **\$17/series, \$19 drop in**

Class cards: 5x-\$70, 10x-\$140 (3 mo. exp for all class cards)

Please see website for series dates:

***Shadow Yoga Prep, *Shadow Yoga Basic Series**

***Shadow Yoga Series**

yogashala mailing: po box 3110, shell beach, ca 93448



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Yoga Shala SLO

TASSAJARA YOGA RETREAT, June 1-5
NRTTA SADHANA & MUDRA PREP
w/ ZHANDER & EMMA, Oct 10-12

MOLOKA'I YOGA RETREAT, Nov 5-12

Closed for Thanksgiving, Nov 27
Please see website for Christmas break

STUDIO ADDRESS

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