



WINTER 2016/2017

# HEALDSBURG YOGA STUDIO

## Classes

### Saturday Yoga Intensives!

**1st Saturday** with Marie Hirsch (info: 847-3409)

**3rd Saturday** with Deborah Karish (info: 473-0272)

DAY	TIME	CLASS	INSTRUCTOR	FOR INFO
MONDAY	8:30 – 10:00 am	<b>Yoga: Mixed-Level</b>	Marie Hirsch	847-3409
	10:30 – 11:30 am	<b>Gentle Yoga</b>	Deborah Karish	473-0272
	5:30 – 6:30 pm	<b>Yoga: Beginning</b>	Deborah Karish	473-0272
TUESDAY	8:30 – 9:45 am	<b>Yoga: Mixed-Level</b>	Gregor Nelson	433-3999
	5:30 – 6:45 pm	<b>Yoga: Mixed-Level</b>	Deborah Karish	473-0272
	7:00 – 8:30 pm	<b>Zen Sitting Group</b>	Tony Patchell	869-3787
WEDNESDAY	8:30 – 9:45 am	<b>Yoga: Beginning</b>	Deborah Karish	473-0272
	10:00 – 10:45 am	<b>Chair Yoga</b>	Deborah Karish	431-3324
THURSDAY	5:30 – 6:45 pm	<b>Yoga: Mixed-Level</b>	Deborah Karish	473-0272
	7:00 – 8:00 pm	<b>Yoga: Beginning</b>	Deborah Karish	473-0272
FRIDAY	8:30 – 9:45 am	<b>Yoga: Mixed-Level</b>	Deborah Karish	473-0272
	10:00 – 11:00 am	<b>Gentle Yoga Two</b>	Deborah Karish	431-3324
SATURDAY	8:30 – 10:00 am	<b>Yoga Intensive</b> <i>(1st Saturday each month)</i>	Marie Hirsch	847-3409
	8:30 – 10:00 am	<b>Yoga Intensive</b> <i>(3rd Saturday each month)</i>	Deborah Karish	473-0272

- Eat lightly (if at all) before class
- Dress comfortably/remove shoes
- Please turn off cell phones
- **Drop-in:** \$15
- **10-class series:** \$120

ALL CLASSES TAKE PLACE AT THE HEALDSBURG YOGA STUDIO  
432-B Center Street (above Shelton's) Healdsburg 707 473-0272 healdsburgyoga.com