



WINTER 2018

HEALDSBURG YOGA STUDIO

Classes

New Teacher & Classes • Beginning January 9, 2018
26+2 Yoga (26 postures/2 breathing exercises) and **Yin Yoga**
with **Pierre Ratte**

DAY	TIME	CLASS	INSTRUCTOR	FOR INFO
MONDAY	8:30 – 10:00 am	Yoga: Mixed-Level	Marie Hirsch	847-3409
	10:30 – 11:30 am	Gentle Yoga	Deborah Karish	473-0272
	5:30 – 6:30 pm	Yoga: Beginning	Deborah Karish	473-0272
TUESDAY	7:00 – 8:00 am	Yoga: 26+2 Mixed-Level	Pierre Ratte	203216-9253
	8:30 – 9:45 am	Yoga: Mixed-Level	Gregor Nelson	433-3999
	5:30 – 6:45 pm	Yoga: Mixed-Level	Deborah Karish	473-0272
	7:00 – 8:30 pm	Zen Sitting Group	Tony Patchell	869-3787
WEDNESDAY	7:00 – 8:00 am	Yoga: 26+2 Mixed-Level	Pierre Ratte	203216-9253
	8:30 – 9:45 am	Yoga: Beginning	Deborah Karish	473-0272
	10:00 – 10:45 am	Chair Yoga	Deborah Karish	473-0272
THURSDAY	7:00 – 8:00 am	Yoga: 26+2 Mixed-Level	Pierre Ratte	203216-9253
	5:30 – 6:45 pm	Yoga: Mixed-Level	Deborah Karish	473-0272
	7:00 – 8:00 pm	Yoga: Beginning	Deborah Karish	473-0272
FRIDAY	7:00 – 8:00 am	Yin Yoga	Pierre Ratte	203216-9253
	8:30 – 9:45 am	Yoga: Mixed-Level	Deborah Karish	473-0272
	10:00 – 11:00 am	Gentle Yoga Two	Deborah Karish	473-0272
SATURDAY	8:30 – 10:00 am	Yoga Intensive <i>(1st Saturday each month)</i>	Marie Hirsch	847-3409
	8:30 – 10:00 am	Yoga Intensive <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