

Class Schedule – January 2019



Monday

- 8-9 am Functional Flow Yoga w/Sara Close (donation)
- 9:30-10:30 am Yoga Basics Plus w/Jackie
- 11-12 Aligned and Well Therapeutic Yoga w/Jackie (Beginner level and injury rehab)
- 3-4:15 pm NIA w/Kathi (donation)
- 5:15-6:30 pm Restorative and Yoga Nidra w/Jackie (100% donation class)

TUESDAY:

- 8-9 am Ball Blast w/Sefi (**no class on 1-1-19**)
- 9:15-10:15 am Matworks Pilates w/Sefi (**no class on 1-1-19**)
- 10:30-11:30 am Tai Chi w/Hans (100% donation class) (**no class on 1-1-19**)
- 3:30-4:30 pm Meditation and Dhamma Talk w/Debora (donation) (**YES! class on 1-1-19**)
- 5:00-6:00 pm Beginner Hand Drumming w/Jerry (**6-week course; begins 1-8-19**)

WEDNESDAY:

- 8-9 am Barre w/Emily
- 9:30-10:30 am Yin/Yang Yoga w/Megan
- 11-12 Gentle Yoga 55+ w/Janet (donation)
- 3-4:15 pm NIA w/Kathi (donation)
- 5:15-6:30 pm Soul Flow Yoga w/Sara Close (donation)

THURSDAY:

- 8-9 am Kundalini Yoga w/Rene (donation)
- 9:30-10:30 am Yoga Basics Plus w/Jackie
- 11-12 Aligned and Well Therapeutic Yoga w/Jackie (Beginner level and injury rehab)
- 3-4:30 pm Singing for Fun w/Jeanette (donation)
- 5:15-6:30 pm Come as You Are, Leave Feeling Better! Gentle Hatha Yoga w/Sue (donation)

FRIDAY:

- 8-9am Ball Blast w/Sefi
- 9:15-10:15am Matworks Pilates w/Sefi
- 11-12 Gentle Yoga 55+ w/Janet (donation)
- 3-4 pm Vinyasa Yoga w/Sarah Van Der Stad

SATURDAY:

- 8-9 am Movement, Mantra and Meditation w/Jackie (FREE class)
- 9:30-10:30 am Yin/Yang Yoga w/Megan
- 11-12 Intermediate Hand Drumming w/Jerry (**6-week course; begins 1-12-19**)

SUNDAY:

- 9-10:15 am Kundalini Yoga w/Rene (donation)

*Schedule subject to change. Please check www.yogagardenbaja.com/schedule for latest. v12.30.18