

YOGA GARDEN SCHEDULE
SESSION #2: January 2 – February 12, 2022

MONDAY

8:00-9:00 am Intermediate/Advanced Vinyasa Yoga - Sarah
9:30-10:30 am Yoga Basics Plus - Jackie
11:00-12:00 Aligned and Well Therapeutic Yoga - Jackie

TUESDAY

8:00-9:00 am Ball Fusion - Sefi
9:30-10:30 am Mat Pilates - Sefi
11:00-12:00 Tai Chi - Hans (Starts Dec. 7. Ends January 25. Eight weeks. 100% donation class)

WEDNESDAY

9:30-10:30 am Piloga-Core-Restore - Sefi (Combo Pilates/yoga). **NEW CLASS!**
11:00-12:00 Gentle Yoga 55+ - Janet

THURSDAY

9:30-10:30 am Yoga Basics Plus - Jackie
11:00-12:00 Aligned and Well Therapeutic Yoga - Jackie

FRIDAY

8:00-9:00 am Ball Fusion - Sefi
9:30-10:30 am Mat Pilates - Sefi
11:00-12:00 Gentle Yoga 55+ - Janet

SATURDAY

8:00-9:00 am Movement, Mudra, Mindfulness – Jackie (WALK-IN CLASS. 100% donation. Limited to first 15 students. All COVID restrictions apply. **NO CLASS JANUARY 22.**)
9:30-10:30 am Flow Yoga – Megan
11:00-12:00 Let's Dance! – Camilla (Walk-in. No reservations required. 150 pesos)
1:00-2:30 pm Singing for Fun – Jeanette (Drop-ins welcome with proof of vaccination. 150 pesos)

SUNDAY

9:30-11:00 am Deepening Your Practice – Jackie (**NO CLASS JANUARY 23.**)

Reservations and pre-payment are required for each class session. Please check the class descriptions and contact the individual instructors to reserve your space for the session. All students and clients must be fully vaccinated (second dose 2 weeks prior to your visit).

To sign up for Session #2 classes, please contact the individual class instructors.

Jackie	jackiereeves1002@gmail.com
Sarah	losbarrilesyoga@gmail.com
Sefi	sefiheld@gmail.com
Megan	bajachakra@gmail.com
Hans	hansheld@gmail.com
Janet	jampaulson@gmail.com

Please book appointments with Jules Harris and Dr. Dennis directly.

Jules	Julesinspace@hotmail.com
Dennis	densaidyes@aol.com