

YOGA GARDEN SCHEDULE
SESSION #3: February 21 – April 2, 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 Therapeutic Yoga using chairs and standing poses - Jackie

TUESDAY

9:30-10:30 am Mat Pilates - Sefi

WEDNESDAY

9:30-10:30 am Core and Restore “Piloga” - Sefi (Combo Yoga and Pilates)

THURSDAY

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

FRIDAY

9:30-10:30 am Mat Pilates - Sefi

SATURDAY

8:00-9:00 am Movement, Mudra, Mindfulness – Jackie (WALK-IN CLASS. 100% donation. Limited to first 15 students. All COVID restrictions apply.)
9:30-10:30 am Vinyasa Flow Yoga – Megan (FINAL CLASS – March 19)
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 Yin Yoga – Jackie (FINAL CLASS February 27. Drop-in class, sliding scale donations.)

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 #3 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

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

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