

Yoga Garden Current Schedule

MONDAY:

9:30-10:30 Yoga Basics Plus with Jackie (Six week session pre-register and pre-pay. Drop-ins welcome if space is available.) (No class on Monday, January 30.)

11-12 noon Therapeutic Yoga using chairs/standing/balancing poses with Jackie (Six week session pre-register and pre-pay. Drop-ins welcome if space is available.) (No class on Monday, January 30.)

5:30-7:00 pm Candlelight Restorative Yoga/Sound Healing with Deborah. (250 pesos per class or 1300 pesos for a six-class punch card.)

TUESDAY:

8-9 Ball Circuit with Sefi (Five week session pre-register and pre-pay. Drop-ins welcome if space is available.)

9:30-10:30 Matwork Pilates Plus with Sefi (Five week session pre-register and pre-pay. Drop-ins welcome if space is available.)

11-12 noon Tai Chi with Hans (Eight weeks beginning December 6. Pre-register Final session is January 31..)

WEDNESDAY:

9:30-10:30 Vinyasa Flow Yoga with Sarah

11-12 noon Gentle Yoga for Beginners and 55+ with Jackie (January 4 class will be subbed by Sefi.)

THURSDAY:

9:30-10:30 Yoga Basics Plus with Jackie

FRIDAY:

8-9 Ball Circuit with Sefi (Five week session pre-register and pre-pay. Drop-ins welcome if space is available.)

9:30-10:30 Matwork Pilates Plus with Sefi (Five week session pre-register and pre-pay. Drop-ins welcome if space is available.)

11-12 noon Gentle Yoga for Beginners and 55+ with Jackie

SATURDAY:

8-9 MIXED BAG–Movement/Qi Gong/Yoga with Jackie (100% donation class) (No class on Saturday, January 28.)

9:30-10:30 Slow Flow Yoga with Megan

12:30-2 Singing for Fun with Jeannette

SUNDAY:

9:30-11:00 Deepening Your Practice–Yin Yoga /Crystal Bowl Sound Bath with Jackie (No class on January 1 or January 29.)

Contact your instructors for further information or to sign up for classes.

Jackie jackiereeves1002@gmail.com

Sarah losbarrilesyoga@gmail.com

Sefi sefiheld@gmail.com

Megan bajachakra@gmail.com

Hans hansheld@gmail.com

Deborah blissocean@gmail.com or WhatsApp 612 111 2765