

Los Altos Studio

monday			
6:00 - 7:00	am	sunrise flow	ramona tamulinas
10:30 - 12:00	pm	intermediate	gabriel hall
12:15 - 1:30	pm	therapeutic yoga	gabriel hall
4:00 - 5:15	pm	basic *	kim wolff
5:30 - 6:45	pm	flow	matt spencer
7:00 - 8:15	pm	basic	monica roman
8:30 - 9:45	pm	all levels *	ramona tamulinas
tuesday			
9:00 - 10:15	am	basic	cara pierce
10:30 - 11:45	am	all levels	michael aragon
12:15 - 1:30	pm	gentle yoga	sally burns
3:15 - 4:00	pm	little kids yoga	ramona tamulinas
4:15 - 5:00	pm	kids yoga	ramona tamulinas
5:35 - 7:00	pm	intermediate	gabriel hall
7:15 - 9:00	pm	prana flow	allen arnette
wednesday			
9:00 - 10:15	am	basic	bridget ingham
10:30 - 12:00	pm	intermediate	gabriel hall
4:00 - 5:15	pm	basic *	david hennage
5:30 - 6:45	pm	flow	dawn macdonald
7:00 - 8:15	pm	basic	cara pierce
8:30 - 9:45	pm	all levels *	cara pierce
thursday			
9:00 - 10:15	am	basic-restorative	kim wolff
10:30 - 11:45	am	all levels	michael aragon
12:15 - 1:30	pm	gentle yoga	sally burns
4:00 - 5:00	pm	NEW pilates mat *	emelia garkovich
5:35 - 7:00	pm	intermediate	gabriel hall
7:15 - 9:00	pm	prana flow	allen arnette
friday			
6:00 - 7:00	am	NEW sunrise flow	ramona tamulinas
9:00 - 10:15	am	all levels	ramona tamulinas
10:30 - 11:45	am	all levels	bridget ingham
12:15 - 1:30	pm	therapeutic yoga	michelle libeu
4:00 - 5:15	pm	basic *	gabriel hall
5:30 - 6:45	pm	flow	cara pierce
saturday			
8:00 - 9:15	am	basic	sally burns
9:30 - 10:45	am	pilates mat *	katherine ostrout
11:00 - 12:30	pm	flow	cara pierce
6:00 - 8:00	pm	prana flow	allen arnette
sunday			
9:30 - 10:45	am	all levels	monica roman
11:00 - 12:30	pm	intermediate	lisa behrendt
2:00 - 3:30	pm	basic	bridget ingham
5:30 - 6:45	pm	NEW all levels	vince koeller

Downtown Studio

monday			
9:00 - 10:15	am	NEW prenatal	ramona tamulinas
10:30 - 11:45	am	all levels	michael aragon
4:00 - 5:15	pm	all levels *	denise hammond
5:30 - 6:45	pm	intermediate	gabriel hall
7:00 - 8:15	pm	all levels	cara pierce
tuesday			
6:00 - 7:00	am	sunrise flow *	ramona tamulinas
9:00 - 10:15	am	pilates mat	katherine ostrout
4:30 - 5:45	pm	all levels	michelle libeu
6:00 - 7:15	pm	flow	ramona tamulinas
7:30 - 9:00	pm	NEW all levels	greg fawley
wednesday			
6:00 - 7:00	am	sunrise flow *	ramona tamulinas
10:30 - 11:45	am	NEW all levels	vince koeller
4:00 - 5:15	pm	all levels *	denise hammond
5:30 - 6:45	pm	basic	monica roman
7:00 - 8:15	pm	all levels	bridget ingham
thursday			
6:00 - 7:00	am	sunrise flow *	ramona tamulinas
9:00 - 10:15	am	intermediate	joe love
10:30 - 11:45	am	all levels *	matt spencer
4:00 - 4:45	pm	NEW kids yoga	ramona tamulinas
6:00 - 7:15	pm	flow	ramona tamulinas
7:30 - 9:00	pm	NEW all levels	greg fawley
friday			
9:00 - 10:15	am	basic	michelle libeu
10:30 - 11:45	am	all levels	kim wolff
4:30 - 5:45	pm	all levels *	cathy terrones
6:00 - 7:15	pm	advanced	michelle libeu
saturday			
8:30 - 9:45	am	NEW bod squad *	michael aragon
10:00 - 11:15	am	basic	gabriel hall
11:30 - 1:00	pm	intermediate	gabriel hall
4:30 - 5:45	pm	all levels *	david hennage
sunday			
10:00 - 11:15	am	basic	michelle libeu
11:30 - 12:45	pm	all levels	michelle libeu
2:00 - 3:15	pm	restorative	michelle libeu
4:00 - 5:15	pm	NEW all levels	teacher trainees
5:30 - 6:45	pm	all levels *	cathy terrones

both studios open 15 min before all classes.
 our downtown studio offers free parking for 2 hours with validation in the Camden Harbor View parking structure.

Workshop Schedule

JANUARY		
Ayurvedic Lecture Series Los Altos Studio	friday jan 7 w/ greg fawley	7:30 - 9:00 pm
Thai Yoga Therapy Downtown Studio	saturday jan 29 w/ gabriel hall & kim wolff	2:00 - 4:00 pm
FEBRUARY		
Ayurvedic Lecture Series Los Altos Studio	friday feb 4 w/ greg fawley	7:30 - 9:00 pm
Authentic Asana Blissful Breath Los Altos Studio	saturday feb 12 w/ lynette rintoul	3:30 - 5:15 pm
Authentic Asana Blissful Breath Los Altos Studio	sunday feb 13 w/ lynette rintoul	3:30 - 5:15 pm
Yoga Tune Up Los Altos Studio	saturday feb 26 w/ bridget ingham	1:30 - 4:00 pm
MARCH		
Ayurvedic Lecture Series Los Altos Studio	friday march 4 w/ greg fawley	7:30 - 9:00 pm
Living Yoga Los Altos Studio	saturday march 12 w/ kim wolff	1:00 - 4:00 pm

students may register for any workshop in advance online at yogaworldstudio.com or by calling 562.804.5525

private, corporate and/or small group classes available upon request.

PRICE LIST

we accept all major credit cards, cash & checks

SINGLE CLASSES	UNLIMITED OPTIONS
single \$17	monthly unlimited 30 days \$125/\$105 with auto renewal
kids class \$12	quarterly unlimited 90 days \$310
community class \$10 *	semi-annual 180 days \$525
	annual 365 days \$950
SERIES OPTIONS	
all passes are valid at both studios good for one year, no extensions, no exceptions	
5 classes \$70	
10 classes \$130	
20 classes \$210	
5 kids classes \$55	
15 kids classes \$145	

SPECIAL NOTES

- please arrive fragrance free.
- arrive a few minutes early.
- do not enter or leave the asana room during meditation or savasana.
- please turn off cellphones.

both studios open 15 min before all classes. to contact the studio coordinator directly, please call michelle @ 562.260.9402

Yoga for everybody with a body.