

# Santa Monica Yoga – Holiday Schedule 2011

## Yoga Mala – 108 Sun Salutes

Sunday December 18, 7:00-8:30 am – FREE!

## January Challenge – Get 2012 off to a great start!

20 Classes for \$99. Classes must be taken January 2 through 31 only, and expire on January 31.

## Regular Schedule through Friday December 23

### Saturday December 24

8:00-9:15 AM	Level 1-2 w/Meditation	Nathalie Canessa
9:00-10:30 AM	All Levels	Julian Walker
9:30-11:00 AM	Level 1-2	Jane Zingale
10:45-12:15 PM	All Levels Flow	Daniel Stewart

### Sunday December 25 – CLOSED

### Monday December 26

8:30-9:30 AM	Level 1-2	Jane Zingale
9:00-10:30 AM	All Levels Flow	Nancy Goodstein
10:00-11:30 AM	Level 1	Joyce Dvoren
12:30-2:00 PM	All Levels Flow (Comm.)	Allison McCready
5:00-6:20 PM	Level 2-3	Riayn Shumacher
6:00-7:30 PM	Level 1-2	Kyra Haglund
6:30-8:00 PM	All Levels	Julian Walker

### Tuesday December 27

7:30-8:30 AM	Level 1-2	Indira Shekerjian
9:00-10:30 AM	Level 1-2	Nathalie Canessa
9:15-10:15 AM	Pilates Level 2-3	Laura Gideon
10:45-12:15 PM	All Levels	Luke Ketterhagen
12:15-1:15 PM	Slow Deep Stretch	Indira Shekerjian
6:00-7:30 PM	Level 1-2	Luke Ketterhagen
6:00-7:15 PM	Prenatal & Postnatal	Shayna Reid
6:30-8:00 PM	All Levels Flow	Daniel Stewart

### Wednesday December 28

7:00-8:15 AM	Level 1-2	Jane Zingale
8:30-8:30 AM	Pilates Level 1	Laura Gideon
9:00-10:30 AM	All Levels Flow	Nancy Godstein
10:00-11:30 AM	Level 1	Leslie Bogart
3:30-4:30 PM	Level 1 (Comm.)	Mike Pottenger
5:00-6:30 PM	Level 2-3	Riayn Shumacher
6:30-8:15 PM	All Levels	Kyra Haglund

### Thursday December 29

7:30-8:30 AM	Level 1-2	Indira Shekerjian
9:00-10:30 AM	Level 1-2	Nathalie Canessa
9:15-10:15 AM	Pilates Level 2-3	Laura Gideon
10:45-12:15 PM	All Levels	Luke Ketterhagen
12:15-1:15 PM	Slow Deep Stretch	Indira Shekerjian
6:00-7:30 PM	Level 1-2	Luke Ketterhagen
6:30-8:00 PM	All Levels Flow	Allison McCready

### Friday December 30

8:30-9:30 AM	Level 1-2	Jane Zingale
9:00-10:30 AM	All Levels Contemplative	Indira Shekerjian
10:00-11:30 AM	Level 1	Jane Zingale
12:30-2:00 PM	All Levels Flow (Comm.)	Allison McCready
5:00-6:20 PM	Level 2-3	Riayn Shumacher
6:00-7:30 PM	Level 1	Mike Pottenger
6:30-8:00 PM	All Levels/Trance Dance	Julian Walker

### Saturday December 31

8:00-9:15 AM	Level 1-2 w/Meditation	Nathalie Canessa
9:00-10:30 AM	All Levels	Julian Walker
9:30-11:00 AM	Level 1-2	Jane Zingale
10:45-12:15 PM	All Levels Flow	Indira Shekerjian

## Sunday January 1 – Join us for a FREE class!

All Levels at 11:00 am with Allison McCready  
(CLOSED rest of the day)

## Monday January 2 – Regular Schedule Resumes