



Black Dog YOGA®

creating community
one breath at a time

Class Schedule - September 2016

MONDAY

6:30a - 7:45a	Mixed Level Flow	Michelle Chua
8:30a - 9:25a	Flow and Go	Amy Santiago
9:00a - 10:25a	Strong Flow	Angela Kukhahn
9:15a - 10:15a	Mindful Body Sculpt	Chappell Westlake
9:35a - 10:55a	Yoga For Well-Being	Sigrid Matthews
10:35a - 12:05p	Intermediate Hatha	Jenny Brill
10:45a - 12:05p	Deep Stretch/Yin	Dani Robinson
12:15p - 1:15p	\$10 Lunch Flow	Erin Sanders
4:00p - 5:00p	\$10 Yoga Flow	Anne Clendening
6:00p - 7:15p	Mixed Level Flow	Mark Holzum
6:15p - 7:25p	Basics	Barbara Kuhl
7:00p - 8:30p	Intermediate Flow	Jack DuFour
7:15p - 8:30p	Candlelight Flow	Carrie Janell
7:30p - 8:30p	Yoga Sculpt	Mark Holzum

TUESDAY

6:00a - 7:15a	Intermediate Flow	Katie Heeran
9:00a - 10:25a	Mixed Level Focused Flow™	Sigrid Matthews
9:15a - 10:15a	Basics/Beginners	Jennifer Netherby
9:30a - 11:00a	Strong Flow	Hiro Landazuri
10:30a - 11:30a	Yoga Ball Therapy	Rose Moran
10:35a - 12:05p	Intermediate Hatha	Tiffany Fraser
10:45a - 12:00p	Gentle Yoga/Healthy Backs	Sigrid Matthews
12:15p - 1:15p	\$10 Lunch Flow	Mark Holzum
4:00p - 5:00p	\$10 Yoga Stretch	Rosanna Tavarez
5:30p - 6:45p	Gentle	Melissa Morgan
6:15p - 7:30p	Basics	Mischa Allen
6:30p - 8:00p	Strong Flow	Angela Kukhahn
7:00p - 8:15p	Mixed Level Flow	Michelle Chua
7:30p - 8:45p	Mellow Movement & Meditation	Konstantin Epishin

WEDNESDAY

6:00a - 7:15a	Mixed Level Flow	Katie Heeran
8:30a - 9:25a	Flow and Go	Amy Santiago
9:15a - 10:15a	Mindful Body Sculpt	Chappell Westlake
9:35a - 11:00a	Basic Focused Flow™	Sigrid Matthews
9:45a - 11:15a	Strong Flow	Dice Iida-Klein
10:35a - 12:05p	Intermediate Hatha	Jenny Brill
10:45a - 12:05p	Deep Stretch/Yin	Dani Robinson
12:15p - 1:15p	\$10 Lunch Flow	Andrea Jensen
4:00p - 5:00p	\$10 Yoga Flow	Anne Clendening
5:30p - 7:00p	Restorative Yoga	Melissa Morgan
6:00p - 7:15p	Mixed Level Flow	Margaret Buckley
6:15p - 7:25p	Basics	Barbara Kuhl
7:00p - 8:30p	Intermediate Flow	Jack DuFour
7:15p - 8:30p	Candlelight Flow	Carrie Janell
7:30p - 8:30p	Yoga Sculpt	Mark Holzum

THURSDAY

6:00a - 7:15a	Intermediate Flow	Katie Heeran
9:00a - 10:25a	Mixed Level Focused Flow™	Margaret Buckley
9:15a - 10:15a	Basics/Beginners	Jennifer Netherby
9:30a - 11:00a	Strong Flow	Hiro Landazuri
10:45a - 12:00p	Gentle Yoga/Healthy Backs	Niki Saccareccia
12:15p - 1:15p	\$10 Lunch Flow	Mark Holzum
4:00p - 5:00p	\$10 Yoga Stretch	Rosanna Tavarez
5:30p - 6:45p	Gentle	Rosanna Tavarez
6:15p - 7:30p	Basics	Mischa Allen
6:30p - 8:00p	Strong Flow	Angela Kukhahn
7:00p - 8:15p	Mixed Level Flow	Michelle Chua
7:30p - 8:45p	Mellow Movement & Meditation	Konstantin Epishin
8:30p - 9:45p	11th Step Yoga	Anonymous

Prices

Single Class - \$17
Community Class - \$10
Lunch Flow - \$10

New Student Special:

15 days for \$30 OR 30 days for \$60
(Los Angeles residents only, please)

Series:

5 classes - \$ 70
10 classes - \$ 130
15 classes - \$ 180
20 classes - \$ 220
30 classes - \$ 300

Full-time students:

15% discount on 5, 10, & 15 class series

All Class Packages Expire in 1 Year

Monthly Unlimited - \$125

1 Year Unlimited - \$1,200

Dog Pack Membership: Auto-deduct

Annual Unlimited: \$99/mo. with perks

(1-year contract. Special terms apply)

Sorry, no refunds

Class Descriptions

\$10 Lunch Flow – An hour-long mixed-level flow class to awaken and energize! Not intended as a first-time class.

Basic Focused Flow – A thoughtful Level 1 breath-oriented class combining therapeutic alignment and traditional vinyasa. Excellent for students wishing to refine their practice while addressing back or joint issues.

Basics – Beginners welcome – may be more demanding than our Beginners class.

Beginners – An introductory class drawing from all styles of Hatha yoga. Designed specifically for first-time students or those new to yoga.

Deep Stretch / Yin – Profound stretching for students of all ages and levels who wish to gain flexibility.

Flow and Go – Wake up and get energized in this fun-filled intermediate flow class that will leave you refreshed, recharged, and ready to tackle your day! Everything you need in a morning practice, in just 55 minutes!

Friday Flow & Restore – A fun-filled mixed level flow that will challenge you just enough to feel good, followed by a sweet and slow cool down incorporating restorative postures. The perfect way to wind down your week!

Gentle / Healthy Backs – Relaxing class focusing on therapeutic alignment for joint health, emphasizing breath to reduce stress and tension. Perfect for beginners or those with injuries, pain or chronic conditions.

Intermediate Flow – Level 2 Vinyasa, moving with the breath, usually with music.

Intermediate Hatha – Drawing on a combination of yoga styles, these well-rounded classes focus on detailed physical alignment to help improve balance, strength, and flexibility in the body. Level 2 class, for students with a developing practice. Not recommended as a first-ever yoga class.

Mellow Movement and Meditation – Move your body slowly and deeply in this candlelit, soothing class taught without music. Mindful movement, breath work, guided meditation and a long relaxing savasana.

Mindful Body Sculpt – Condition, strengthen and create body awareness using traditional exercise modalities, light weights, resistance bands, balls and weights with yogic principles.

Mixed Level Flow – Vinyasa-based with variations so students can gear practice to their own level. Not intended as a first-time class.

Mixed Level Focused Flow – An alignment-based flow practice suitable for all levels. Troubleshoot poses, learn how to safely work into deeper variations of Asana. Modifications are offered allowing students to work at their own pace.

Restorative – Using props in seated and reclining poses to alternately stimulate and relax the body. All levels.

Strong Flow – Our most challenging class! This advanced level class will push your limits and expand your practice! May include arm balances, backbends, and inversions.

TT Grad Class – All are welcome to this donation class taught by our teacher training graduates. Variations and modifications are offered so students can practice at their own pace.

Yoga Ball Therapy – A safe, effective workout incorporating guided self massage with therapy balls.

Yoga Sculpt – Mixed Level vinyasa flow incorporating light hand weights into the practice.

Yoga for Well Being – An accessible mixed level flow offering variations and modifications so students can work at their desired level.

Classes subject to change without notice — please visit blackdogyoga.com for current schedule.

FRIDAY

6:30a - 7:45a
8:30a - 9:25a
9:00a - 10:25a
9:15a - 10:15a
9:35a - 11:00a
10:35a - 12:05p
12:15p - 1:15p
4:00p - 5:00p
5:30p - 6:45p
6:00p - 7:30p

7:30p - 9:00p
7:00p - 8:30p
7:00p - 8:30p

**Mixed Level Flow
Flow and Go
Strong Flow
Yoga Sculpt
Basics
Intermediate Hatha
\$10 Lunch Flow
\$10 Yoga Flow
Friday Flow & Restore
Deep Stretch/Yin
Monthly Events**

Michelle Chua
Kat Greene
Angela Kukhahn
Kristyn Chalker
Niki Saccareccia
Jenny Brill
Andrea Jensen
Mark Holzum
Katie Heeran
Heidi Kaufman
Various Teachers

1st Friday: Sound Bath Yoga \$20

2nd Friday: Deep Release: Guided Meditation & Pranayama \$20

4th Friday: Roll & Renew with Therapy Ball Massage \$20

SATURDAY

7:30a - 8:45a
9:00a - 10:15a
9:00a - 10:25a
10:00a - 11:00a
10:35a - 12:05p
10:45a - 12:00p

11:30a - 12:45p
3:00p - 4:25p
4:30p - 6:00p

**Mixed Level Flow
Gentle/Healthy Backs
Intermediate Flow
Mindful Body Sculpt
Intermediate Hatha
Yoga for Well Being –
Mixed Level Focused Flow™
Basics
Yoga for Beginners
Mixed Level Flow**

Katie Heeran
Heather Hudson
Kat Greene
Chappell Westlake
Konstantin Epishin
Sigrid Matthews
Chappell Westlake
Niki Saccareccia
Rosanna Tavarez

SUNDAY

9:00a - 10:25a
9:30a - 11:00a
10:35a - 12:05p
11:30a - 12:45p
1:00p - 2:00p
1:30p - 3:00p
2:00p - 3:00p
4:30p - 6:00p
5:00p - 6:30p

**Basics
Intermediate Flow
Intermediate Hatha
Gentle Yoga
Yoga for Vets (and Active Duty)
Yoga for Beginners
Donation Class
Mixed Level Flow
Restorative Yoga**

Dani Robinson
Amy Santiago
Jenny Brill
Mischa Allen
Mischa Allen
Niki Saccareccia
TT Grads
Jack DuFour
Melissa Morgan

Guide to Classes

Black Dog Yoga offers an eclectic mix of almost 80 weekly classes from complete beginner to extremely advanced. Whatever your level, you'll find stimulating classes that provide an opportunity for your practice to evolve. Classes combine strength and/or flexibility work in a variety of styles and tempos, as each teacher is unique and draws upon a range of disciplines and traditions. Classes generally range from 60 to 90 minutes in length. Classes in Description list are arranged in order of difficulty.

Terms

Hatha – The physical practice – one of the eight limbs of the discipline of yoga.

Flow – Vinyasa-based sequence based on the Sun Salutation, linking poses and breath. Builds internal heat, creates suppleness in the body. Can be vigorous or meditative, usually faster paced than classes not designated Flow.

Community – A quality class at great savings.

Giving Back

Mixed Level (Donation) – Taught by graduates of our Teacher Training program. All proceeds to go Best Friends Animal Society, a no kill animal shelter.

11-step Yoga – Enhance the adventure of recovery from alcoholism through yoga postures, guided meditation and breath work, integrating themes from the 12 steps of Alcoholics Anonymous.

Yoga for Vets (and Active Duty) – A free class for military veterans, active duty service members and their families. Connected Warriors helps students learn stress management by quieting and focusing their minds. *Connected Warriors is a 501(c)3 non-profit charitable organization.

**All proceeds donated to Best Friends Animal Society, a no kill animal shelter. Suggested donation \$10. (Class Series cannot be used.)

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YOGA®

