



Black Dog YOGA®

creating community
one breath at a time

Class Schedule

MONDAY

6:00a - 7:15a	\$10 Rise and Shine	Crystal Kelly
8:30a - 9:25a	Flow and Go	Amy Santiago
9:00a - 10:25a	Strong Flow	Angela Kukhahn
9:15a - 10:15a	Body Sculpt	Alexis Holden
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	Mark Holzum
6:00p - 7:15p	Mixed Level Flow	Mark Holzum
6:15p - 7:25p	Basics	Barbara Kuhl
7:00p - 8:30p	Intermediate Flow	Joe Kara
7:15p - 8:30p	Candlelight Flow	Molly Elson

TUESDAY

6:00a - 7:15a	\$10 Rise and Shine	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 Tavaréz
5:30p - 6:45p	Gentle	Vanessa Garcia
6:15p - 7:30p	Basics	Mischa Allen
6:45p - 8:15p	Mixed Level Flow	Theo Smith
7:15p - 8:30p	Candlelight Yoga and Meditation	Doug Milliron

WEDNESDAY

6:00a - 7:15a	\$10 Rise and Shine	Katie Heeran
8:30a - 9:25a	Flow and Go	Amy Santiago
9:35a - 11:00a	Basic Focused Flow™	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	Victoria Sanchez
4:00p - 5:00p	\$10 Yoga Flow	Ali Nance
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	Joe Kara
7:15p - 8:30p	Candlelight Flow	Molly Elson

THURSDAY

6:00a - 7:15a	\$10 Rise and Shine	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
10:30a - 12:00p	Iyengar	Anna Delury
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 Tavaréz
5:30p - 6:45p	Gentle	Vanessa Garcia
6:15p - 7:30p	Basics	Mischa Allen
6:45p - 8:15p	Mixed Level Flow	Theo Smith
7:15p - 8:30p	Candlelight Yoga and Meditation	Doug Milliron
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 Rise and Shine – Get up early and start your day feeling great! This energizing mixed level morning flow will leave you ready to tackle the rest of your day with grace and ease! And all for just ten bucks!

\$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.

Body Sculpt – A total body workout designed to tone and sculpt every major muscle group, incorporating light weights and resistance tools with yogic principles and innovative movement.

Candlelight Yoga 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.

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.

Iyengar – Named after yoga master BKS Iyengar, this class focuses on correct alignment and precise actions of the body in classic postures to promote a deeper awareness of self. All levels welcome.

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.

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

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

FRIDAY

6:00a - 7:15a

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

7:00p - 8:30p

\$10 Rise and Shine

Flow and Go

Strong Flow

Body Sculpt

Basics

Intermediate Hatha

\$10 Lunch Flow

\$10 Yoga Flow

Friday Flow & Restore

Deep Stretch/Yin

Monthly Events (\$20)

1st Friday: Sound Bath Yoga

2nd Friday: Deep Release: Guided Meditation and Pranayama for a Clear Mind

3rd Friday: Restorative with Massage and Essential Oils

4th Friday: Roll & Renew with Yoga Therapy Balls

Crystal Kelly

Kat Greene

Angela Kukhahn

Alexis Holden

Niki Saccareccia

Jenny Brill

Victoria Sanchez

Mark Holzman

Katie Heeran

Heidi Kaufman

Various Teachers

SATURDAY

7:30a - 8:45a

9:00a - 10:15a

9:15a - 10:15a

9:00a - 10:25a

10:35a - 12:05p

10:45a - 12:00p

3:00p - 4:25p

4:00p - 5:30p

4:30p - 6:00p

Mixed Level Flow

Gentle/Healthy Backs

Body Sculpt

Intermediate Flow

Intermediate Hatha

Yoga for Well Being –

Mixed Level Focused Flow™

Yoga for Beginners

Deep Stretch/Yin

Mixed Level Flow

Katie Heeran

Niki Saccareccia

Kristyn Chalker

Kat Greene

Konstantin Epishin

Sigrid Matthews

Niki Saccareccia

Trisha DeCesare

Ali Nance

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

4:30p - 6:00p

5:00p - 6:30p

Basics

Intermediate Flow

Intermediate Hatha

Gentle Yoga

Yoga for Vets (and Active Duty)

Yoga for Beginners

Mixed Level Flow

Restorative Yoga

Dani Robinson

Amy Santiago

Jenny Brill

Mischa Allen

Mischa Allen

Niki Saccareccia

Larry Santiago

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.

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

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.

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

Black Dog
YOGA®

