

# Santa Monica Yoga Holiday Schedule 2016

Check our web site for updates at: [satamonicayoga.com/schedule](http://satamonicayoga.com/schedule)

## Friday Dec 23

7:15 - 8:15 am	Level 1-2	Jane Zingale	N
8:30 - 9:40 am	Slow Deep Stretch	Jane Zingale	S
9:00 - 10:30 am	All Levels Contemplative	Indira Shekerjian	N
10:00 - 11:30 am	Level 1	Nathalie Kramer	S
10:45 - 12:15 pm	All Levels	Steve Jones	N
12:15 - 1:15 pm	Roll, Release & Mobilize	Laura Gideon	S
12:30 - 2:00 pm	Ashtanga Primary Series	Nancy Goodstein	N
1:30 - 2:30 pm	Yoga for People Living with Cancer/Chronic Illness (Free)	Cindy Fraser	S

## Saturday Dec 24 – CLOSED

## Sunday Dec 25 – CLOSED

## Monday Dec 26

8:30 - 9:40 am	Slow Deep Stretch	Jane Zingale	S
9:00 - 10:30 am	All Levels Flow	Courtney Russell	N
10:00 - 11:30 am	Level 1	Nathalie Kramer	S
10:45 - 12:15 pm	All Levels	Steve Jones	N
12:30 - 2:00 pm	Ashtanga Primary Series	Nancy Goodstein	N
3:30 - 4:30 pm	Level 1/Yoga for Stiff People (Community)	Mike Pottenger	N
5:00 - 6:20 pm	Level 2-3	Riayn Shumacher	N
6:00 - 7:30 pm	Level 1	Indira Shekerjian	S
6:00 - 7:00 pm	Pilates Level 1-2	Jayde Piot	G

## Tuesday Dec 27

7:30 - 8:30 am	Level 1-2	Indira Shekerjian	N
9:00 - 10:30 am	Level 1-2	Nathalie Kramer	N
9:15 - 10:15 am	Pilates Level 2	Jayde Piot	S
10:30 - 11:45 am	Level 1	Aaron Reed	S
10:45 - 12:15 pm	All Levels Flow	Nancy Goodstein	N
12:30 - 1:30 pm	Slow Deep Stretch	Indira Shekerjian	N
5:00 - 6:15 pm	All Levels Flow	Courtney Russell	N
6:00 - 7:30 pm	Level 1	Carol Senecal	S
6:30 - 8:00 pm	All Levels Flow	Rachael Simmons	N

## Wednesday Dec 28

8:30 - 9:30 am	Slow Deep Stretch	Jane Zingale	S
9:00 - 10:30 am	All Levels Flow	Courtney Russell	N
10:00 - 11:30 am	Level 1	Nathalie Kramer	S
10:45 - 12:15 pm	All Levels	Steve Jones	N
11:00 - 12:30 pm	Iyengar Level 1-2	Lorna Sirota	G
12:30 - 2:00 pm	Ashtanga Primary Series	Nancy Goodstein	N
3:30 - 4:30 pm	Level 1/Yoga for Stiff People (Community)	Catherine McDonough	N
5:00 - 6:20 pm	Level 2-3	Riayn Shumacher	N
6:00 - 7:30 pm	Level 1	Indira Shekerjian	S
6:00 - 7:00 pm	Pilates Level 1-2	Jollette Samuelson	G
6:30 - 8:00 pm	All Levels	Julian Walker	N

## Thursday Dec 29

7:30 - 8:30 am	Level 1-2	Indira Shekerjian	N
9:00 - 10:30 am	Level 1-2	Nathalie Kramer	N
9:15 - 10:15 am	Pilates Level 2	Jayde Piot	S
10:30 - 12:00 pm	Level 1	Aaron Reed	S
10:45 - 12:15 pm	All Levels Flow	Nancy Goodstein	N
12:30 - 1:30 pm	Slow Deep Stretch	Indira Shekerjian	N
5:00 - 6:15 pm	All Levels Flow	Courtney Russell	N
6:00 - 7:30 pm	Level 1	Carol Senecal	S
6:00 - 7:30 pm	Prenatal Yoga	Deborah Raoult	G
6:30 - 8:00 pm	All Levels Flow	Rachael Simmons	N

## Friday Dec 30

8:30 - 9:40 am	Slow Deep Stretch	Jane Zingale	S
9:00 - 10:30 am	All Levels Contemplative	Indira Shekerjian	N
10:00 - 11:30 am	Level 1	Nathalie Kramer	S
10:45 - 12:15 pm	All Levels	Steve Jones	N
12:30 - 2:00 pm	Ashtanga Primary Series	Nancy Goodstein	N

## Saturday Dec 31

8:00 - 9:15 am	Level 1-2 w/Meditation	Nathalie Kramer	S
9:00 - 10:30 am	All Levels	Julian Walker	N
9:30 - 10:45 am	Slow Deep Stretch	Jane Zingale	S
10:45 - 12:15 pm	All Levels	Steve Jones	N
11:00 - 12:30 pm	Level 1	Indira Shekerjian	S

## Sunday Jan 1 – Closed

## Monday Jan 2 – Regular Schedule Resumes