

Sohum YOGA

Online at: www.sohumyoga.com

Class Schedule: November—December 2018

We will be closed for the holidays December 24– January 2

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
am classes	am classes	am classes	am classes	am classes	am classes	am classes
<p>**** Ann C. All Levels 10 - 11:30am</p> <p>**** Ann C. Restorative Yoga 11:45am - 1pm</p>		<p>Ann C. All Levels 9 - 10 am</p> <p>Ann C. Restorative Movement 10:30-11:30am (sponsored by the SHCHD)</p>	<p>*Brittany Tonks Vinyasa All-level 7:30-8:30 am</p> <p>Hanuman Advanced SRY Spinal Release Yoga 9:30 - 11:30am Prerequisite Beginning SRY on Fridays</p>	<p>Ann C. All levels 9-10 am</p> <p>Ann C. Restorative Movement 10:30-11:30am (sponsored by the SHCHD)</p>	<p>Ashtanga Yoga Level 2 - 3 8:30 - 10am</p>	<p>Dawn Intermediate Yoga Level 2 - 3 10 - 12pm</p>
pm classes	pm classes	pm classes	pm classes	pm classes	pm classes	pm classes
<p>***Heather O'Connell workshops November 4th 2:30pm- 6:30pm "Inner Landscapes"</p> <p>December 2nd 2:30pm-6:30pm "Soul Recovery"</p>		<p>Ann C. Restorative Movement 1:30—2:30 pm (sponsored by the SHCHD)</p> <p>Gayna / sub Multi Level Yoga Level 1 - 2 5:30 - 7pm</p>		<p>Ann C. Restorative Movement 1:30—2:30 pm (sponsored by the SHCHD)</p> <p>Gayna / sub Multi Level Yoga Level 1 - 2 5:30 - 7pm</p>	<p>Hanuman Beginning SRY (Spinal Release Yoga) 4 - 5:30pm</p>	<p>Cymatics Sound Bath with Effie 5—6:30 1st saturday of each month</p>

*Brittany Tonks last Vinyasa class nov 21

**Please pre-register via email ErikaYogArt@gmail.com

***RSVP Required-. Contact Heather
707.357.5869 thevewtree@gmail.com

****ANN will be gone Dec. 9th

The sohum Yoga Center is located at the
Meadows Business Park, Bldg. 1150 Unit 5

For further information call:

Ann at (707) 923-7227

Dawn (707) 223-0372

Hanuman (707) 223-4233



- Please wear comfortable clothing.
- Bring your own yoga mat if you have one.
- Come with an empty stomach & an open mind.



Special Notes:

We invite you to tell your friends and neighbors about us, invite or accompany them to a class, and share our web site with them at www.sohumyoga.com on social media. For last minute updates and announcements, please visit our Facebook Page at: www.facebook.com/Sohum-Yoga-Studio



"The way we live our days is
the way we live our lives."--

Annie Dillard