

Sohum YOGA

Online at: www.sohumyoga.com

Class Schedule: January—February 2019

<i>Sundays</i>	<i>Mondays</i>	<i>Tuesdays</i>	<i>Wednesdays</i>	<i>Thursdays</i>	<i>Fridays</i>	<i>Saturdays</i>
am classes	am classes	am classes	am classes	am classes	am classes	am classes
Ann C. All Levels 10 - 11:30am Ann C. Restorative Yoga 11:45am - 1pm	*Brittany Tonks All-level Vinyasa 9-10 (begins Jan 14)	Ann C. All Levels 9 - 10 am Ann C. Restorative Movement 10:30- 11:30am (sponsored by	*Brittany Tonks Vinyasa All-level 7:30-8:30 am (begins Jan 16) Hanuman Advanced SRY Spinal Release Yoga 9:30 - 11:30am Prerequisite Beginning SRY on Fridays	Ann C. All levels 9-10 am Ann C. Restorative Movement 10:30-11:30am (sponsored by the SHCHD)	Ashtanga Yoga Level 2 - 3 8:30 - 10am **Meghan's Music Together 10:30-11:30 Pre-registration Required, call 707-223-7070	Dawn Intermediate Yoga Level 2 - 3 10 - 12pm
pm classes	pm classes	pm classes	pm classes	pm classes	pm classes	pm classes
***Heather O'Connell <i>Living in Ceremony</i> January 6 2:30pm- 6:30pm		Ann C. Restorative Movement 1:30—2:30 pm (sponsored by the SHCHD) Gayna / sub Multi Level Yoga Level 1 - 2 5:30 - 7pm		Ann C. Restorative Movement 1:30—2:30 pm (sponsored by the SHCHD) Gayna / sub Multi Level Yoga Level 1 - 2 5:30 - 7pm	Hanuman Beginning SRY (Spinal Release Yoga) 4 - 5:30pm ***Heather O'Connell <i>Shamanic circle</i> Feb 8 6:30—8:30	Cymatics Sound Bath with Effie 5—6:30 1st saturday of each month

**Music Together starts Jan 18th

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

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



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

“Whenever we find stiffness in the body, our mind should be especially supple. It is never the stiffness in our bodies that limits our practice, it is always the stiffness of our mind.”-Geeta Iyengar



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

