


# ॐ SoHum YOGA ॐ

## Class Schedule: March-April 2020

**NEW LOCATION!**

Now down the row from Amillia's Gourmet To Go

<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
<u>*Hatha All Levels</u> With Ann C. 10 - 11:30am <u>No classes on Easter</u> <u>*Restorative Yoga</u> With Ann C. 11:45am - 1pm	<u>All-level Vinyasa</u> With Brittany Tonks 9-10	<u>Hatha All Levels</u> With Ann C. 9 - 10 am  <u>Restorative Movement</u> With Ann C. 10:30-11:30am (sponsored by the SHCHD )	<u>All-level Vinyasa</u> With Brittany Tonks 7:30-8:30 am  <u>Advanced SRY</u> <u>Spinal Release Yoga</u> With Hanuman 9:30 - 11:30am Prerequisite Beg. SRY	<u>Restorative Movement</u> With Ann C. 10:30-11:30am (sponsored by the SHCHD )		<u>Intermediate Yoga</u> With Dawn Level 2 - 3 10 - 12pm
pm classes	pm classes	pm classes	pm classes	pm classes	pm classes	pm classes
	<u>Body Mind and Spirit Exercise for age 50+</u> With Harriet 5—6 PM	<u>Restorative Movement</u> With Ann C. 1:30—2:30 pm (sponsored by the SHCHD )  <u>**Multi Level Yoga</u> With Gayna 5:30 - 7pm <u>Resuming April 6</u>		<u>Restorative Movement</u> With Ann C. 1:30—2:30 pm (sponsored by the SHCHD )  <u>**Multi Level Yoga</u> With Gayna 5:30 - 7pm <u>Resuming April 6</u>	<u>Beginning SRY</u> <u>Spinal Release Yoga</u> With Hanuman 4 - 5:30pm  <u>Cymatics Sound Bath w/ CBD Tea by Effie</u> 6 - 7pm 1st friday of each month	

 "The Great Way is not difficult for those with no preferences. --Zen saying

**Special Notes:**

- \*Ann will not be teaching on Easter
- \*\*Gayna will resume teaching April 6

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

For further information call:

Ann at (707) 923-7227  
 Dawn (707) 223-0372  
 Hanuman (707) 223-4233

**NEW LOCATION! at 435 Melville Rd, Garberville near Amillias Online at: [sohumyoga.com](http://sohumyoga.com) and on Facebook Sohum-Yoga-Studio**