

As of September 1, 2022

SCC Yoga Club Classes

Dance Studio 2, 1203 N Pebble Beach Blvd.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>8:00-9:15</i> <i>Yoga for Experienced Yogis</i> <i>with Sue</i>	<i>8:00-9:15</i> <i>Gentle Yoga</i> <i>with Teri</i>	<i>8:00-9:15</i> <i>Gentle Yoga for Experienced Yogis</i> <i>with Lynne</i>	<i>8:00-9:15</i> <i>Gentle Yoga</i> <i>with Teri</i>	<i>8:00-9:15</i> <i>Yoga for Experienced Yogis</i> <i>with Sue</i>
<i>9:30-10:45</i> <i>Gentle Flow</i> <i>with Lynne</i>		<i>9:30-10:45</i> <i>Moderate Ashtanga Vinyasa</i> <i>with Kit</i>	<i>9:30-10:45</i> <i>Multi-Level Yoga Basics</i> <i>With Lynne</i>	<i>9:30-10:45</i> <i>Ashtanga Vinyasa</i> <i>with Kit</i>
		<i>11:00-12:15</i> <i>Chair & Barre</i> <i>With Debbie</i>		
			<i>6:00 – 7:30</i> <i>Relaxing Yoga & Somatics</i> <i>With Lynne</i>	

Yoga Nidra 3rd Thursday of each month 2:30-3:30

\$10 to join club & \$10/Month for Members for unlimited attendance

Register at sccyogaclub.uplifterinc.com or just show up!

Have physician approval or accept full responsibility for any health problems.

”The practice of yoga is not only very valuable to my system of spontaneous healing, but to yours as well.”

- Andrew Weil, MD.