

Yoga School of South County Summer 2010 Month-at-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-8:30am Mysore Richard/Rose	6:30-8:30am Mysore Richard/Rose	6:30-8:30am Mysore Richard/Rose	6:30-8:30am Mysore Richard/Rose	6:30-8:30am Mysore Richard/Rose	7:00-8:00am Yoga in the Park Chris	7:00-9:00am Mysore Claire
	9:00-10:15am Gentle Rose	9:00-10:15am Basics Rose	9:00-10:15am Beyond Basics Rose	9:15-10:15am Mom's Yoga Rose	9:00-10:15am Vinyasa Melissa	
Open for private/group classes		10:30-11:30am Mommy & Baby Melissa			10:20-11:20am Prenatal Melissa	
5:00-6:45pm Intro to Meditation Claire	Open for private/group classes	5:30-7:00pm Wednesday Workshops Richard	5:30-6:45pm Open Yoga Rose		4:00-6:00pm Meditation 7/31 Ram Smith	
6:15-7:30pm Basics Rose	6:15-7:30pm Vinyasa Yoga Rose				Yoga & Ballroom 5:30-7:30pm 7/10 Richard	