



**Ongoing Intermediate Level Drop-in Classes** (Monday PM and Saturday) \$20 or 4-class series for \$60 (good for two months).

**February 2010**

| Sunday | Monday                            | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-----------------------------------|---------|-----------|----------|--------|----------|
|        | 1                                 | 2       | 3         | 4        | 5      | 6        |
| 7      | 8<br>6 - 7:30 PM<br>Intermediate  | 9       | 10        | 11       | 12     | 13       |
| 14     | 15<br>6 - 7:30 PM<br>Intermediate | 16      | 17        | 18       | 19     | 20       |
| 21     | 22<br>6 - 7:30 PM<br>Intermediate | 23      | 24        | 25       | 26     | 27       |
| 28     |                                   |         |           |          |        |          |

**Yoga Body and Soul**

Chatauqua Hall (17th and Central) in Pacific Grove. Visit [www.yogabodysoul.com](http://www.yogabodysoul.com) for info.



**Ongoing Intermediate Level Drop-in Classes** (Monday PM and Saturday) \$20 or 4-class series for \$60 (good for two months).

**March 2010**

| Sunday | Monday                            | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-----------------------------------|---------|-----------|----------|--------|----------|
|        | 1<br>6 - 7:30 PM<br>Intermediate  | 2       | 3         | 4        | 5      | 6        |
| 7      | 8<br>6 - 7:30 PM<br>Intermediate  | 9       | 10        | 11       | 12     | 13       |
| 14     | 15<br>6 - 7:30 PM<br>Intermediate | 16      | 17        | 18       | 19     | 20       |
| 21     | 22<br>6 - 7:30 PM<br>Intermediate | 23      | 24        | 25       | 26     | 27       |
| 28     | 29<br>6 - 7:30 PM<br>Intermediate | 30      | 31        |          |        |          |

**Yoga Body and Soul**

Chatauqua Hall (17th and Central) in Pacific Grove. Visit [www.yogabodysoul.com](http://www.yogabodysoul.com) for info.