

schedule of classes January 1-June 30, 2012

Day	Time	Class Name	Instructor
monday	9:00-10:25	KUNDALINI LEVEL 2-3	VIKKE TAYLOR
	9:00-10:25	KUNDALINI LEVEL 2-3	ROMI CUMES
	10:30-12:00	ANUSARA INSPIRED YOGA™ LEVEL 1	MEREDITH SASSEIN
	10:30-12:00	ANUSARA INSPIRED YOGA™ LEVEL 1	PIGGY KAY PERMAC
	10:30-12:00	J'AMBE YOGA LEVEL 2	JAMIE POWELL
	12:15-1:20	POWER FLOW HOUR, \$12	LYNNE SUTHERLAND
	1:45-2:55	GENTLE YOGA, \$12	CANDICE DAVANTZIS
	3:30-4:30	KIDS YOGA, \$12 (8-12 YEAR OLDS)	MELANIE GORDON
	5:00-6:25	PEAK PERFORMANCE YOGA LEVEL 1-2	ROMI CUMES
	5:00-6:25	LEVEL 2-3	GAIL PARKER
	6:30-7:55	LEVEL 1-2	SILA SEBERT
	6:30-7:55	VINYASA LEVEL 2-3	JENNIFER GREENE
6:30-7:55	YIN & THERAPEUTIC YOGA	MORGAN BALAWASE	
8:00-8:55	YOGA NAGA, \$12	NIHA DEVI	
8:00-9:45	3-WEEK INTRO COURSE (SEE DATES ON BACK)	SILA SEBERT	
tuesday	7:00-8:25	KUNDALINI	ROBIN SCHEVINK
	8:00-8:55	GENTLE STRETCH & MOVEMENT, \$12	JONATHAN MAISES
	8:30-9:30	PLATES	EDIN GRIFIN
	9:00-10:25	YOGA WITH BABY, \$12	SARAH TUTTLE
	9:30-10:25	YOGA WITH BABY, \$12	ROBIN SCHEVINK
	10:30-11:55	AUSPICIOUS ASANA	LEIGH ASCHOFF
	12:15-1:30	INTUITIVE FLOW, \$12	RACHEL WILKINS
	3:30-4:55	LEVEL 1-2 FLOW, \$12	LE MATTHEWS
	5:00-6:25	LEVEL 1-2	HEATHER TIGGINS
	5:00-6:25	THERAPEUTIC YOGA FOR HEALING	JASHA STANBERRY
	5:15-6:25	PRI NATAI YOGA, \$12	SODHI ELLINGHOVEN
	6:30-7:55	LEVEL 2	ANNE VAN DE WALLE
6:30-7:55	LEVEL 1	KAT CONNORS-LONGO	
8:45-8:15	YOGA FOR STRESS & ANXIETY \$12	WHITNEY SCHOTT	
8:00-9:45	3-WEEK INTRO COURSE (SEE DATES ON BACK)	KAT & ROMI	
wednesday	9:00-10:25	KUNDALINI LEVEL 2-3	MITSUO CONNER NEWLAN
	9:00-10:25	KUNDALINI LEVEL 2-3	ROMI CUMES
	10:30-12:00	ANUSARA INSPIRED YOGA™ LEVEL 1	MEREDITH SASSEIN
	10:30-12:00	ANUSARA INSPIRED YOGA™ LEVEL 1	PIGGY KAY PERMAC
	10:30-12:00	J'AMBE YOGA LEVEL 2	JAMIE POWELL
	12:15-1:20	POWER FLOW HOUR, \$12	LYNNE SUTHERLAND
	1:45-2:55	GENTLE YOGA, \$12	CANDICE DAVANTZIS
	3:00-3:55	YOGA FOR DIABETES, \$12	MARCY D'GREGORIO
	3:30-4:30	KIDS YOGA, \$12 (8-12 YEAR OLDS)	MELANIE GORDON
	3:30-4:55	YOGA FOR EVERY BODY, \$12	HADLEY GAFFNEY
	5:00-6:25	PEAK PERFORMANCE YOGA LEVEL 1-2	ROMI CUMES
	5:00-6:25	LEVEL 2-3	GAIL PARKER
6:30-7:55	LEVEL 1-2	SILA SEBERT	
6:30-7:55	ACRO YOGA	PREMPREET KAUSHI WHINKE	
6:30-8:00	YIN & THERAPEUTIC YOGA	MORGAN BALAWASE	
8:00-8:55	YOGA NAGA, \$12	NIHA DEVI	
8:00-9:00	SOUL SOUNDING/ACOUSITIC HEALING	DAVID KENNY/SUDAMA	
8:00-9:45	3-WEEK INTRO COURSE (SEE DATES ON BACK)	SILA SEBERT	
thursday	7:00-8:25	KUNDALINI	ROBIN SCHEVINK
	8:00-8:55	GENTLE STRETCH & MOVEMENT, \$12	JONATHAN MAISES
	8:30-9:30	PLATES	LEA LONGLEY
	9:00-10:25	YOGA WITH BABY, \$12	SARAH TUTTLE
	9:30-10:25	YOGA WITH BABY, \$12	ROBIN SCHEVINK
	10:30-11:55	AUSPICIOUS ASANA	LEIGH ASCHOFF
	12:15-1:30	INTUITIVE FLOW, \$12	RACHEL WILKINS
	3:30-4:55	LEVEL 1-2 FLOW, \$12	LE MATTHEWS
	5:00-6:25	LEVEL 1-2	HEATHER TIGGINS
	5:00-6:25	THERAPEUTIC YOGA FOR HEALING	JASHA STANBERRY
	5:15-6:25	PRI NATAI YOGA, \$12	SODHI ELLINGHOVEN
	6:30-7:55	LEVEL 2	ANNE VAN DE WALLE
6:30-7:55	LEVEL 1	KAT CONNORS-LONGO	
8:45-8:15	ASHTANGA BASED VINYASA FLOW, \$12	LISA VEIT	
8:00-9:45	3-WEEK INTRO COURSE (SEE DATES ON BACK)	KAT & ROMI	
friday	7:00-9:30	ADVANCED PRACTICE (SEE PRICE)	KAJ HOFFMAN
	9:00-10:25	KUNDALINI LEVEL 2-3	MITSUO CONNER NEWLAN
	9:00-10:25	KUNDALINI LEVEL 2-3	ROMI CUMES
	10:30-12:00	ANUSARA INSPIRED YOGA™ LEVEL 1	PIGGY KAY PERMAC
	10:30-12:00	ANUSARA INSPIRED YOGA™ LEVEL 1	PIGGY KAY PERMAC
	10:30-12:00	J'AMBE YOGA LEVEL 2	JAMIE POWELL
	12:15-1:20	POWER FLOW HOUR, \$12	LYNNE SUTHERLAND
	1:45-2:55	GENTLE YOGA, \$12	CANDICE DAVANTZIS
	3:00-3:55	YOGA FOR DIABETES, \$12	MARCY D'GREGORIO
	3:30-4:25	KIDS YOGA, \$12 (4-7 YEAR OLDS)	MELANIE GORDON
	3:30-4:55	YOGA FOR EVERY BODY, \$12	HADLEY GAFFNEY
	5:00-6:30	DEEP RELAXATION & HEALING	BARBARA ROSE
5:00-6:30	POWER CORE FLOW, DONATION	RACHEL WILKINS	
6:30-8:00	ASHTANGA BASED VINYASA FLOW, \$12	TORLIFE	
7:00-8:45	3-WEEK INTRO COURSE (SEE DATES ON BACK)	KAT, ROMI, SILA	
saturday	9:00-10:25	ANUSARA-INSPIRED YOGA™ LEVEL 2/3	KAJ HOFFMAN
	9:00-10:25	LEVEL 1-2	BARBARA ROSE
	9:00-10:25	YIN YOGA & MEDITATION	JASHA STANBERRY
	10:30-11:55	LEVEL 2-3	TYFF THOMPSON
	10:30-11:55	YOGA WITH BABY, \$12	CYBIL GIBERTSON
	11:00-12:30	AUSPICIOUS ASANA	JENNIFER ASCHOFF
12:00-1:00	POTENTIAL WITH CHILDREN	ROBIN SCHEVINK	
2:00-4:00	WEEKEND INTRO COURSE (SEE DATES ON BACK)	KAL ROSE, SILA	
4:30-6:00	GENTLE/RESTORATIVE YOGA	GAIL PARKER	
4:30-6:00	SLOW FLOW, \$12	CANDICE DAVANTZIS	
sunday	9:00-10:25	YIN YOGA	SARAH TUTTLE
	10:00-11:25	FINNISH YOGA ALL LEVELS	RACHEL HORN
	10:30-12:00	LEVEL 1-2	KAT CONNORS-LONGO
	10:30-12:00	LEVEL 2-3	GAIL PARKER
	2:00-4:00	WEEKEND INTRO COURSE (SEE DATES ON BACK)	KAL ROSE, SILA
	4:30-5:55	BACK CARE YOGA	KAT CONNORS-LONGO
6:00-7:30	ALL LEVELS	DORONHA LAMRELL	

*Prenatal classes are indicated



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teacher training/advance studies 2012

Yoga with Ayurveda with Felicia Tomasko	March 2, 3, 4 2012
Vinyasa Flow Immersion with Seane Corn	March 24, 25, 26, 27 2012
Prenatal Yoga with Siddhi Ellinghoven	April 20, 21, 22 2012
Main Module with Erich Schiffmann	April 27-30, May 1-6 2012
Iyengar Yoga Basics with Lisa Walford	May 25, 26, 27 2012
Practicum I with Kat Connors-Longo	July 20, 21, 22 2012

workshops

cheri clampett	Jan. 1, 2012	"New Year's Day Workshop"
cheri clampett	Jan. 15, 2012	"Therapeutic Yoga"
cheri clampett	March 4, 2012	"Yin & Therapeutic Yoga"
siddhi ellinghoven	Jan. 4 - 10, 2012	"Siddhi's Yogi Cleanse"
lena firestone	Jan. 29 - March 4, 2012	"Practice of Poetry"
siddhi ellinghoven	Jan. 5 - 11, 2012	"Seven Day Cleanse"
barbara rose	Jan. 29, 2012	"Meditate, Pray, Heal"
vikki taylor	Feb. 18, 2012	"Intro to Kundalini Yoga"
rachel horn	March 10, 2012	"Yoga For Runners"
sopurkh kaur	March 16, 2012	"Spring Equinox Gong Bath"
robin barnette	March 31, 2012	"Chakra Balancing"
barbara rose	April 22, 2012	"Women's Health and Healing"
elizabeth schwzyer	April 29 - May 20, 2012	"Writing Our Lives"

intro to yoga courses

Intro provides a strong foundation in the practice of yoga. Emphasis is given to the synchronization of breath and movement, and to the understanding of the basic yoga postures, their effect and correct alignment. Students are prepared to proceed to our ongoing Level 1 & Level 1-2 classes. Pre-registration is required!

3-week intro course • Mondays & Wednesdays, 8:00-9:45 pm • \$90-special \$70
Starting Dates: Jan. 9; April 9.

3-week intro course • Tuesdays & Thursdays, 8:00-9:45 pm • \$90-special \$70
Starting Dates: Feb. 7; March 6; May 8; June 5.

weekend intro course • Fri. 7:00-8:45 pm, Sat & Sun, 2:00-4:00 pm • \$65-special \$50
Jan. 13, 14, 15; Feb. 10, 11, 12; March 16, 17, 18; April 13, 14, 15; May 4, 5, 6; June 1, 2, 3.

class descriptions

level 1 & level 1-2 • Appropriate for beginners who have completed the introduction to yoga course. Level 1-2 is a more challenging class.

level 2 • Designed to take students to the intermediate level. Also recommended for intermediate/advanced students looking for more detailed instruction.

level 2-3 & level 3 • Intermediate & Advanced level, for continuing students. These classes vary greatly in style and in their degree of challenge. Do explore them in order to find the style and the level which is appropriate for you.

acro yoga • Inspiration from Acrobatics and Thai massage create this unique class. Partner supported inversions, yoga, and flying will support personal awareness and growth in your yoga practice. One-on-one.

acoustic soul healing • Creating a deep zone meditative experience using instruments from around the world to enhance vocal participation and direct healing.

advanced practice • Based on "The Practice" in the Anusara community. A fun and challenging 3/4 class.

auspicious asana • A hatha yoga class which borrows a life-affirming tantric philosophy of intrinsic goodness with Universal Principles of Alignment. An invitation to soften your heart & expand your awareness of biomechanics.

anusara-inspired yoga™ • A vigorous class for yoga students who want to delve deeper into refining their practice. Work and play with elegant and effective alignment principles woven together with a joyful, heart based, life affirming philosophy.

ashtanga based vinyasa flow • Vinyasa movement, keeping in the tradition of ashtanga postures, that guides you to "be" with your breath and body.

back care yoga • An effective way to help alleviate or prevent back pain, strengthening and deepening relaxation. This class also relieves stress and fatigue.

deep relaxation & healing • Shed the week's stress and burdens with a class consisting of healing restorative yoga and meditation which facilitates divine guidance, healing and health.

fitness yoga • All levels class that gives the strength and energy needed to support fitness goals on and off the mat.

flow or vinyasa yoga • Features linked together with breath to create a flow sequence.

gentle stretch & movement • This class incorporates gentle Chinese exercises, stretches, movements, postures, massage and meditations specifically chosen for their beneficial effects on arthritic joints.

gentle yoga • A class appropriate for those looking for a gentler style of yoga.

intuitive flow • This core strengthening vinyasa flow class is of once balancing, invigorating, grounding or expansiv. Moving from the meditative stillness of breaths, students will be given the space and support to deepen their practice, refine their alignment and work towards more challenging balancing asanas and inversions.

Iyengar yoga • Emphasizes precision and longer holding of yoga poses. Detailed instruction deepens the awareness of movement and alignment in each posture. This develops the ability to be mindful and provides therapeutic adjustments for students. Excellent for students of all levels including those with injury.

kundalini • Each class uses a powerful combination of postures, breath, mantras and meditation to establish an aligned relationship between the mind, body and spirit. This class is suitable for all levels and no prior yoga experience is necessary.

peak performance yoga • This challenging blend of vinyasa and strength-training maximizes your body's full potential.

postnatal with childcare • Postnatal class with nanny to care for your baby.

power core flow • This level 2/3 donation class will use the power of our breath to come into our bodies, sweat, surrender, and be free. Fill your body with light, work your core, open your heart, and donate what you can.

power flow • A dynamic, vinyasa (flowing) style of yoga that draws from the teachings of Baron Baptiste. Both athletic and transformative.

restorative yoga • A deeply relaxing class utilizing restorative asana, which are supported poses that encourage stories of deep relaxation and meditative calm. Excellent for relieving stress and anxiety.

shinju • A movement form that links principles from martial arts (Tai Chi and Aikido) with modern dance as well as some Feldenkrais body work.

soul sounding • Soul Sounding is a vibrational sound meditation using crystal singing bowls and voice to calm the body and balance the chakras.

taoist yoga • blends basic pranayama/techniques with classical yoga forms to harmonize individual consciousness with the natural wisdom of the body, excellent for beginners/intermediate.

therapeutic yoga for healing • A gentle class focusing on the healing aspects of yoga.

yin yoga & meditation • A quiet, deep practice, suitable for all levels. The postures are done mostly seated or lying with long holds, while relaxing the muscles. This stretches, with lubricates, and softens the connective tissue while supporting a quiet and focused mental state.

yoga for every body • Even if you have never done yoga before or thought that you never could - the yoga is for you!

prices

single class • \$17 (\$14 student) Sorry, no refund!

community classes • \$12 (A yoga class offered to the community of a lower cost).

series of classes: use with any class on the schedule, except for workshops & special classes.

5 classes - no expiration	\$75 (\$60 student)
10 classes - no expiration	\$140 (\$110 student)
20 classes - no expiration	\$280 (\$200 student)
30 classes - no expiration	\$330

monthly unlimited: \$170 (\$150 student)

6-month unlimited: \$840

1-year unlimited: \$1650

friends of sbyc series: \$1,150 - 96 classes in 12 months (coverage 8 classes/month)

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