



## 2018 SCHEDULE

### Tuesday

1:00pm - 2:15pm      Jenny Triggs      Restorative Yoga

### Wednesday

9:00am - 10:15am      Jenny Triggs      Core Flow Yoga

10:30am - 12:00pm      Petra Gordon      Ashtanga Yoga

### Thursday

1st & 3rd Thursdays

5:00pm - 6:00pm      Acupuncture Sound Bath-  
Susan Valdez-Cohen & Dr. Sarah Murphy

2nd/4th & 5th Thursdays

5:00pm - 6:00pm      Sound, Scent & Spirit Sound Bath-  
Susan Valdez-Cohen & Malibu Essential Oils

7:00pm - 8:00pm      Sound, Scent & Spirit Sound Bath-  
Susan Valdez-Cohen & Malibu Essential Oils

### Friday

9:00am - 10:15am      Jenny Triggs      Core Flow Yoga

6:00pm - 9:30pm      Marti Hubbard      Clearing Meditation

## **CLASS RATES/PACKAGES- contact individual instructors**

Petra Gordon	310-795-8902	petragordon511@gmail.com
Marti Hubbard	818-400-6058	martihubbard@yahoo.com
Jenny Triggs	310-625-0814	jennyfritz70@hotmail.com
Susan Valdez-Cohen	310-403-3124	susanvaldezcohen@gmail.com