

# September 2010

# National Yoga Month Events!!



lucy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>Donation Class</b> Soula Power Yoga 7:30-9:00pm	2	3	4
5 <b>Free Hatha Yoga</b> Almaden Yoga 5:00-6:15pm	6 <b>Donation Class</b> Soula Power Yoga 7:30-9:00pm	7	8 <b>Donation Class</b> Soula Power Yoga 7:30-9:00pm	9	10 <b>Vinyasa Yoga</b> Marta Weinstock 11:30- 12:30pm	11 <b>Moon Shadow Yoga</b> Nancy Britton 10:00- 11:00am
12 <b>Free Hatha Yoga</b> Almaden Yoga 5:00-6:15pm	13 <b>Donation Class</b> Soula Power Yoga 7:30-9:00pm	14	15 <b>Donation Class</b> Soula Power Yoga 7:30-9:00pm	16	17 <b>The Yoga Experience</b> Doug Lyons 11:30- 12:30pm	18 <b>Pilates Class</b> Chelsea Tamulevich 10:00- 11:00am
19 <b>Six Harmonies Benefit: Acupuncture</b> Soula Power Yoga 11am- 5pm	20 <b>Donation Class</b> Soula Power Yoga 7:30-9:00pm	21	22 <b>Donation Class</b> Soula Power Yoga 7:30-9:00pm	23	24 <b>Yoga Fit Class</b> Michelle 11:30- 12:30pm	25 <b>Hatha Yoga</b> Su Wong 12:00- 1:00pm
26 <b>Hatha Yoga</b> Danielle Seybold 10:00-11:00am	27 <b>Donation Class</b> Soula Power Yoga 7:30-9:00pm	28	29 <b>Donation Class</b> Soula Power Yoga 7:30-9:00pm	30		

Sept 10<sup>th</sup>- Marta Weinstock from Soula Power Yoga will be joining us for a free Vinyasa class!  
soulapoweryoga.com

Sept 11<sup>th</sup>- Nancy Britton from Moon Shadow Yoga will be guiding us through a unique yoga class!  
Moonshadowyoga.com

Sept 17<sup>th</sup>- Doug Myans from Nullife will be teaching us how to get more out of yoga than just exercise!  
Nullifeyoga.com

Sept 18<sup>th</sup>- Chelsea Tamulevich from Absolute Center will be teaching a Pilates class!

Sept 24<sup>th</sup>- Michelle Garman from Club One will be showing us how to sculpt our bodies with a Yoga Fit!  
Clubone.com

Sept 25<sup>th</sup>- Su Wong from Mind Body Zone will be guiding us through Hatha Yoga!  
Mindbody-zone.com

## Class Descriptions!

Sept 26<sup>th</sup>- Danielle Seybold will be teaching a yoga class with a focus on breathing!  
Renegadeyoga.com

Every Sunday come and relax with **ALMADEN YOGA'S** free Hatha Class. Great way to end your week!

Every Tuesday and Thursday **SOULA POWER YOGA** offers donation based Vinyasa classes!

Soula Power Yoga  
200 S. First Street,  
70  
San Jose, Ca  
95113  
408-993-9642

Almaden Yoga  
6922-C Almaden  
Expressway  
San Jose, Ca  
95120  
408-596-4243

