



DANVILLE
YOGA & WELLNESS
CENTER

125 A/B Town & Country Drive, Danville, CA 94526

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Phone: (925) 838 - 7878

W E E K L Y S C H E D U L E

Monday	Tuesday	Wednesday	Thursday	Friday
8:00am - 9:00am Karma Yoga w/ Marta (Free / By Donation)	9:30am - 11:00am Level 1-3 Iyengar Yoga with Dorinda	8:00am - 9:00am Level 1-3 Iyengar Yoga with Marta	3:00pm - 4:30pm Gentle Yoga with Julie	9:30am - 11:00am Yoga for Seniors with Kathleen
9:30am - 11:00am Gentle Yoga with Kathleen	3:00pm - 4:30pm Gentle Yoga with Julie	3:00pm - 4:15pm Yoga Stretch & Flexibility with Michelle	5:30pm - 6:45pm Sound Healing & Meditation with Maria	1:00pm - 2:15pm Sound Healing & Meditation with Maria
1:00pm - 2:15pm Sound Healing & Meditation with Maria	5:30pm - 6:45pm Align & Flow Yoga with Jennifer	5:30pm - 6:45pm Restorative Yoga with Gretchen	7:15pm - 8:30pm Spiritual Circle with Maria	4:30pm - 6:00pm Level 1-3 Iyengar Yoga with Kathleen
3:00pm - 4:15pm Gentle Yoga & Restorative with Michelle	7:15pm - 8:30pm Kundalini Yoga with Kelli	7:15pm - 8:30pm Wellness Wednesday with Kim		
5:30pm - 6:45pm Yoga Stretch with Harla				
7:15pm - 8:30pm Introduction to Yoga with Kathleen				Check our website for changes, cancellations and substitutions

Monthly Events Classes	Saturday	Sunday	Pricing
<p>Every 2nd Friday (Check website for dates) 7:00 - 8:15pm Healing & Meditation Night with Maria</p> <p>Monthly on Sundays (Check website for dates) 2:00 - 3:30pm Restorative Yoga with Dorinda</p>	<p>9:00am - 10:45am Level 2-4 Iyengar Yoga with Dorinda</p> <p>11:15am - 12:30pm Iyengar Yoga for Beginners with Dorinda</p>	<p>10:00am - 11:30am Sunday Morning Yoga with Casey</p> <p>12:00pm - 1:15pm Kundalini Yoga with Kelli</p>	<p>NEW Students: 3 Classes for \$33</p> <p>One Class: \$20</p> <p>5 Class Card: \$85</p> <p>10 Class Card: \$160</p> <p>15 Class Card: \$225</p> <p>Gift Certificates Available!</p>

Turn Over

Check our website for special events & workshops!

Leave your car behind. Walk through the gate and follow a winding path among old oak trees. This is our serene yoga & wellness sanctuary. At Danville Yoga & Wellness Center, you can peacefully practice, continually strengthen and deeply develop an awareness of your body, mind, and soul.