



2017 SCHEDULE

Monday

9:15am - 10:15am	Nadege Lubrano	Hatha Yoga
11:00am - 12:00pm	Nadege Lubrano	Hatha Yoga
5:00pm - 5:30pm	Abbey Seiden	QiGong Self-Cultivation

Tuesday

9:15am - 10:30am	Philipp Manser	Yoga for You
1:00pm - 2:15pm	Jenny Triggs	Restorative Yoga

Wednesday

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

9:15am - 10:30am	Philipp Manser	Yoga for You
1:00pm - 2:15pm	Jenny Triggs	Vinyasa Flow (all levels)

Friday

9:15am - 10:15am	Nadege Lubrano	Hatha Yoga
11:00am - 12:00pm	Nadege Lubrano	Hatha Yoga
6:00pm - 9:30pm	Marti Hubbard	Clearing Meditation

CLASS RATES/PACKAGES- contact individual instructors

Marti Hubbard	818-400-6058	martihubbard@yahoo.com
Nadege Lubrano	310-985-5296	yoganadege@gmail.com
Philipp Manser	310-924-4170	Yoga-ForYou.org/malibuchakra@mac.com
Abbey Seiden	424-443-9301	abbeyseiden.com/info@abbeyseiden.com
Jenny Triggs	310-625-0814	jennyfritz70@hotmail.com