

IYENGAR YOGA SDC

JULY 2017



Iyengar YOGA

JULY 2017



KAIMUKI – 1132 Kokohead Ave.

MOILIILI – 2535 S King St.

Day	Class Time	Teacher	Lvl
Sun	9:30AM -10:45AM	Chris Havener	1B
Sun	11:30AM -12:30PM	Deb Lau	1A
Sun	5:30PM - 6:30PM	Jim Dillman	1A
Mon	7:00AM - 8:00AM	Ae Ja Mobley	Prny
Mon	8:00AM - 9:00AM	Ae Ja Mobley	1A
Mon	9:00 – 10:30 AM	Glenn Kawana	2
Mon	11:00 AM - noon	Glenn Kawana	1A
Mon	4:30 – 5:30 PM	Chris Havener	1A
Mon	5:30 – 7:00 PM	Glenn Kawana	2
Mon	7:00 – 8:00 PM	Purnima Manghnani	1A
Tue	6:00 – 7:15 AM	Chris Havener	1B
Tue	7:45 – 8:45 AM	Chris Havener	1A
Tue	9:00 – 10:30 AM	Glenn Kawana	2-3
Tue	4:30 – 6:00 PM	Val Hobensack C4	2
Tue	6:00 – 7:00 PM	Val Hobensack C4	1B
Wed	6:00 – 7:30 AM	Purnima Manghnani	2
Wed	7:45 – 8:45 AM	Sandi Jordan	1A
Wed	9:00 – 10:30 AM	Glenn Kawana	2
Wed	11:00 AM – noon	Ann-Marie Brege ♦	1A
Wed	4:30 – 5:30 PM	Jim Dillman	1A
Wed	5:30 – 7:00 PM	Chris Havener	2
Thur	6:00 – 7:15 AM	Laurie Freed *	1B
Thur	7:45 – 8:45 AM	Laurie Freed * AC	1A
Thur	4:30 – 6:00 PM	Val Hobensack	2
Thur	6:00 – 7:00 PM	Val Hobensack	1A
Fri	7:45 – 8:45 AM	Glenn Kawana	1A
Fri	9:00 – 10:30 AM	Glenn Kawana	2
Fri	11AM - 12:15PM	Purnima Manghnani	1B
Fri	4:30 – 5:30 PM	Jim Dillman	1A
Fri	5:30 – 7:00 PM	Chris Havener	2
Sat	7:30 – 8:30 AM	Deb Lau	1A
Sat	8:45 – 10:15 AM	Chris Havener	2
Sat	10:30 – 11:30 AM	Jim Dillman	1A
Sat	4:30 PM – 5:30 PM	Catherine Hage **	1A

Day	Class Time	Teacher	Lvl
Sun	7:45 – 8:45 AM	Alison Mito	1A
Sun	9:00 – 11:00 AM	Ae Ja CANCELED	2-3
Mon	9:00 – 10:00 AM	Valerie Hobensack ALL	ALL
Mon	5:30 – 6:30 PM	Sandi Jordan	1A
Tue	1:30 – 2:30 PM	Eunice Sakai / <i>Seniors</i> <i>Discounted Rates</i>	Sen
Tue	4:30 – 5:30 PM	Glenn Kawana C4	1A
Tue	5:30 – 7:00 PM	Glenn Kawana C4	2
Wed	9:00 – 10:00 AM	Jim Dillman	1A
Wed	5:30 – 6:30 PM	Glenn Kawana	1A
Thur	7:30 – 8:30 AM	Ae Ja Mobley/ <i>Seniors</i> <i>FREE Senior Class</i>	Sen
Thur	1:30 – 2:30 PM	Eunice Sakai / <i>Seniors</i> <i>Discounted Rates</i>	Sen
Thur	5:30 – 7:00 PM	Ae Ja Mobley ♥	2
Fri	9:00 – 10:00 AM	Valerie Hobensack ALL	1A
Fri	5:15 – 6:15 PM	Ann-Marie CANCELED	1A
Sat	7:45 – 8:45 AM	Alison Mito	1A
Sat	9:00 – 11:00 AM	Ae Ja Mobley	2-3
Sat	9:00 - 10:30 AM	CHANGED to 1.5 hrs	
Sat	11:15 – 12:45 PM	Eunice Sakai / <i>Seniors</i> <i>Discounted Rates</i>	Sen

C4: CANCELED only on Tues 7/4: Val 4:30 & 6:00pm

♦ Glenn will teach Ann-Marie's Wed 11am Lvl 1A all July.

* Laurie subs for Thurs 7/20 & 7/27 at 6am & 7:45am:
Thurs 6:00am on 7/20: Glenn. On 7/27: Debra Michaels
Thurs 7:45am on 7/20: Sandi. On 7/27: Purnima.

AC: CANCELED only on Thurs 7/6: Laurie at 7:45am.

** Catherine subs for her Lvl 1A on Sat at 4:30pm:
July 8 is Laurie; 7/15 is Jim; 7/22 is Glenn;
7/29 is Chris; Aug 5 is Purnima & 8/12 is Marian.

Iyengar Yoga SDC
www.iysdc.org

♥ Ae Ja: Pranayama/Restorative on Thurs July 27th.

C4: Class CANCELED only on Tues July 4th:
Glenn's 4:30 & 5:30pm canceled only on Tues 7/4

CANCELED CLASSES END EFFECTIVE JULY 1ST:
Ann-Marie's Fri 5:15pm class is CANCELED.
Ae Ja's Sunday 9am - 11am class is CANCELED.

CHANGE: Class time shortened to 1.5 hours
Ae Ja's Sat class is now 9:00am to 10:30am.

ALL: Val's Mon & Fri 9-10am classes changed from 1A to
ALL: Students of all levels welcome to attend.

Exploring the Yoga Sutras of Patanjali
with Purnima Manghnani
Every 3rd Saturday beginning Sat July 15
2:30pm - 4:00pm at Kaimuki Studio
Class by donation.

Iyengar Yoga SDC
www.iysdc.org

