



SUN AND MOON YOGA

2018-2019 HOLIDAYS SCHEDULE

Please note that we have ONLY classes listed here during 2018/12/24 – 2019/1/6.

* denotes Bilingual E-J Classes, (E) for English-only classes, and (J) for Japanese-only classes.

Monday/Holiday December 24, 10:30am-12.30pm Holiday Special, 2-hour Vinyasa Flow (Level 1-3, Beginners OK) w/Em (E)
Monday/Holiday December 24, 2:30pm-5:00pm [VENUS YOGA WORKSHOP with Yuki](#) (J) *Registration required.
(Monday/Holiday December 24, 7:30pm-9:00pm Vinyasa w/Em – CANCELLED)
Tuesday December 25, 7:00am-8:00am Tai Chi (All Levels, Beginners OK) w/Kiyomi (J) (1,000 yen or class card)
Tuesday December 25, 12:30pm-2:00pm Restorative Yoga Community (1,000 yen, ALL Levels, Beginners OK) w/Mayumi (J)
(Tuesday December 25, 7:30pm-9:00pm Yin Yoga + Myofacial Release w/Em – CANCELLED)
Wednesday December 26, 10:30am-12:00pm Community Hatha Class (1,000 yen, Level 1-4, Beginners OK) w/Em (E)
Wednesday December 26, 1:00pm-2:30pm Holiday Special Vinyasa Flow (Level 1-3, Beginners OK) w/Betia (E)
(Wednesday December 26, 1:00pm-2:30pm Therapeutic Yoga w/Kitty – CANCELLED)
Wednesday December 26, 7:30pm-9:00pm Vinyasa (Level 1-3, Beginners OK) w/Betia → Em (E)
(Thursday December 27, 7:00am-8:00am Mindfulness Meditation w/Patrick – CANCELLED)
(Thursday December 27, 10:30am-12:00pm TaoYoga Arts w/Jesse – CANCELLED)
Thursday December 27, 12:30pm-2:00pm Beginning Yoga (Level 1-3, Beginners OK) w/ACO – Betia (E)
Thursday December 27, 7:00pm-8:30pm Hatha Basics (Level 1-3, Beginners OK) w/Hisaka (J)
Friday December 28, 10:30am-12:00pm Vinyasa (Level 1-3, Beginners OK) w/Em (E)
Friday December 28, 7:30pm-9:00pm Restorative Yoga (All Levels, Beginners OK) w/Leza → Em (E)
Saturday December 29, 8:00am-10:00am 2-hour Yoga with Breath (with a card reading, All Levels, Beginners OK) w/Hatsumi (J)
Saturday December 29, 10:30-12:00 Vinyasa w/Leza (Level 1-3, Beginners OK) → Em (E)
Saturday December 29, 12:45-2:00pm Restorative (All Levels, Beginners OK) w/Satomi → Em (E)
Saturday December 29, 2:30pm-4:00pm Vinyasa (Level 1-3, Beginners OK) w/Miyoko*
Sunday December 30, 8:00am-9:30am Reiki Healing x Restorative Yoga (All Levels, Beginners OK) w/Kiyomi
Sunday December 30, 10:30am-12:00pm Vinyasa (Level 1-4) w/Em (E)
Sunday December 30, 12:30pm-2:00pm Ashtanga Basics (Level 1-4, Beginners OK) w/Em (E)
Sunday December 30, 2:30pm-4:00pm Hatha (Level 1-3, Beginners OK) w/Sumako (J)
Sunday December 30, 4:30pm-6:00pm Restorative (All Levels, Beginners OK) w/Nao*
Monday December 31, 10:30am-12:30pm Holiday Special, 2-hour Vinyasa Flow (Level 1-3, Beginners OK) w/Em (E)
(Monday December 31, 7:30pm-9:00pm Vinyasa w/Em – CANCELLED)
Tuesday January 1, STUDIO CLOSED

Wednesday January 2, 10:30am-12:00pm Community Hatha Class (1,000 yen, Level 1-4, Beginners OK) w/Em (E)
Wednesday January 2, 1:00pm-2:30pm Holiday Special Vinyasa Flow (Level 1-3, Beginners OK) w/Betia (E)
(Wednesday January 2, 1:00pm-2:30pm Therapeutic Yoga w/Kitty – CANCELLED)
(Wednesday January 2, 7:30pm-9:00pm Vinyasa Flow w/Betia – CANCELLED)
(Thursday January 3, 7:00am-8:00am Mindfulness Meditation w/Patrick – CANCELLED)
(Thursday January 3, 10:30am-12:00pm TaoYoga Arts w/Jesse – CANCELLED)
Thursday January 3, 12:30pm-2:30pm Holiday Special: 2 hour Yin and Yoga Nidra w/Em (E)
(Thursday January 3, 12:30pm-2:00pm Beginning Yoga w/ACO – CANCELLED)
(Thursday January 3, 7:00pm-8:30pm Hatha Basics w/Hisaka – CANCELLED)
Friday January 4, 10:30pm-12:30pm Holiday Special: 2-hour Vinyasa Flow (Level 1-3, Beginners OK) w/Em (E)
Friday January 4 1:30pm-3:00pm Holiday Special: Restorative Yoga (All Levels, Beginners OK) w/Em (E)
(Friday January 4, 7:30pm-9:00pm Restorative w/Sumako – CANCELLED due to TTC)
Saturday January 5, 8:00am-10:00am Holiday Special: 2-hour Exploring Sun Salutation (with a card reading) w/Hatsumi (J)
Saturday January 5, 10:30-12:00 Vinyasa (Level 1-3, Beginners OK) w/Leza -> Em (E)
Saturday January 5, 12:45-2:00pm Restorative (All Levels, Beginners OK) w/Satomi (J)
Saturday January 5, 2:30pm-4:00pm Vinyasa (Level 1-3, Beginners OK) w/Miyoko*
Sunday January 6, 8:00am-9:30am Reiki Healing x Restorative Yoga (All Levels, Beginners OK) w/Kiyomi (J)
Sunday January 6, 10:30am-12:00pm Vinyasa (Level 1-4) w/Em (E)
Sunday January 6, 12:30pm-2:00pm Ashtanga Basics (Level 1-3, Beginners OK) w/Em (E)
Sunday January 6, 2:30pm-4:00pm Hatha (Level 1-3, Beginners OK) w/Nao*
(Sunday January 6, 4:30pm-6:00pm Restorative – CANCELLED due to TTC)

From January 7, we will be back on our Regular schedule. For special class or class cancellation information, please check our [top page](#). Thank you.