

Classes, Workshops and Events with Athena in San Francisco

Advanced Level 4 Classes

These level 4 classes are open to sincere students of Iyengar Yoga. Students must be able to do 5 min Sirsasana, 10 min Sarvangasana with variations and push up into Urdhva Dhanurasana.

www.adelineyoga.com
3320 Adeline St, Berkeley, CA 94703

Monday November 20th, 1:30 – 3:30 pm \$17.00

Monday December 18th, 1:30 – 3:30 pm \$17.00

Register with this link: <http://www.adelineyoga.com/event/level-4-class/>

Thanksgiving Day Class

Begin your day with gratitude for yoga. Class is open to all-levels of yoga practitioners. Not appropriate for people who have little or no yoga experience at all.

www.satoriyogastudio.com
110 Sutter Street, SF, CA 94104

Thursday November 23rd, 9:30 – 11:00 am \$25.00

Please register in advance, this class will sell out.

<https://clients.mindbodyonline.com/classic/ws?studioid=743&stype=-8&sTG=20&sVT=2&sView=day&sLoc=1&sTrn=100000070&date=11/23/17>

New Years Day Workshop

Start the year with yoga. Join Athena for a fun, invigorating workshop. The workshop will offer an opportunity through our practice to reflect on the past year and set intentions for the year to come. Some yoga experience required - not recommended for those very new to yoga or with no yoga experience at all.

www.iyisf.org, 2201 Sutter Street, SF

\$30 (members)

\$35 (non-members)

\$40 (day of drop-in)

Monday January 1st, 10:00 – 12:00 pm

Please register advance this workshop may sell out.

<https://clients.mindbodyonline.com/classic/ws?studioid=10212&stype=-8&sView=day&sLoc=0&sTrn=100000046>