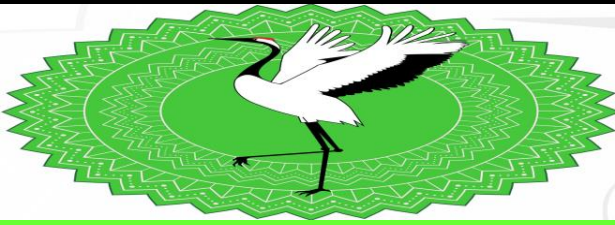




6TH ANNUAL SACRAMENTO
FREE DAY OF YOGA
 FREE YOGA, ALL DAY, ALL OVER TOWN!
MONDAY, SEPTEMBER 4, 2017

2017 Free Day of Yoga Schedule

Studio	Address	Style/Description	Instructor		Studio Notes
Akasha Davis	140 F Street, #300, Davis, CA 95618	Free Class	Staci Hagen	4:30 PM / 75 minutes	
Akasha Davis	140 F Street, #300, Davis, CA 95618		Lolo	9:30 AM / 75 minutes	
Akasha Davis	140 F Street, #300, Davis, CA 95618		Lolo	12:00 PM / 60 minutes	
Akasha Vacaville	373 Merchant, Vacaville, CA 95688	Hot Hatha	Sharon Scott	9:00 AM / 90 minutes	
Akasha Vacaville	373 Merchant, Vacaville, CA 95688	Vinyasa Flow	Anna Baker	11:00 AM / 75 minutes	
Ananda Center Sacramento	10450 Coloma Road, Rancho Cordova, CA 95670	Ananda Yoga	Bryan Coleman-Salgado	10:00 AM / 75 minutes	Ananda Yoga is a gentle, inward form of yoga.
Ananda Center Sacramento	10450 Coloma Road, Rancho Cordova, CA 95670	Ananda Yoga	Beata Tyminski	12:00 PM / 75 minutes	Ananda Yoga is a gentle, inward form of yoga.
Asha Yoga	2421 27th Street, Sacramento, CA 95818	Dynamic Yogi Flow	Kristine Clark	12:00 PM / 60 minutes	
Asha Yoga	2421 27th Street, Sacramento, CA 95818	Dynamic Yogi Flow	Melissa	4:30 PM / 60 minutes	
Asha Yoga	2421 27th Street, Sacramento, CA 95818	Ahhh Savasana	Kate McKinny	6:45 PM / 60 minutes	
CalFit	6314 Fair Oaks Blvd. Carmichael, CA 95608	Gentle Yoga	ARDEN	11:00 AM / 60 minutes	
CalFit	6314 Fair Oaks Blvd. Carmichael, CA 95608	Gentle Yoga	ARDEN	12:00 PM / 60 minutes	
CalFit	7941 Fair Oaks Blvd, Carmichael, CA 95608	Gentle Yoga	CARMICHAEL	11:30 AM / 60 minutes	
CalFit	7700 Sunrise Blvd, Citrus Heights, CA 95608	Mixed Levels Yoga	CITRUS HEIGHTS	10:00 AM / 60 minutes	
CalFit	7700 Sunrise Blvd, Citrus Heights, CA 95608	Mixed Levels Yoga	CITRUS HEIGHTS	11:30 AM / 60 minutes	
CalFit	8569 Bond Rd, Elk Grove, CA 95624	Mixed Levels Yoga	ELK GROVE	9:30 AM / 60 minutes	on the back lawn
CalFit	700 Oak Ave Parkway, Folsom, CA 95630	Mixed Levels Yoga	FOLSOM	10:00 AM / 65 minutes	
CalFit	62 Valine Ct, Sacramento, CA 95831	Mixed Levels Yoga	GREENHAVEN	10:00 AM / 60 minutes	
CalFit	985 Enterprise Drive, Sacramento, CA 95825	Mixed Levels Yoga	HOWE	10:00 AM / 60 minutes	
CalFit	3443 Laguna Blvd, Elk Grove, CA 95758	Mixed Levels Yoga	LAGUNA	9:00 AM / 60 minutes	
CalFit	3443 Laguna Blvd, Elk Grove, CA 95758	Mixed Levels Yoga	LAGUNA	10:00 AM / 60 minutes	
CalFit	3443 Laguna Blvd, Elk Grove, CA 95758	Gentle Yoga	LAGUNA	11:00 AM / 60 minutes	
CalFit	4804 Madison Ave, Sacramento, CA 95841	Gentle Yoga	MADISON	10:00 AM / 60 minutes	
CalFit	1671 Alhambra Blvd, Sacramento, CA 95816	Mixed Levels Yoga	MIDTOWN	10:30 AM / 60 minutes	
CalFit	3880 Innovator Drive, Sacramento, CA 95834	Gentle Yoga	NATOMAS	9:00 AM / 60 minutes	
CalFit	8680 Greenback Lane, Orangevale, CA 95662	Yoga 101	ORANGEVALE	60 minutes	
CalFit	8680 Greenback Lane, Orangevale, CA 95662	Mixed Levels Yoga	ORANGEVALE	11:00 AM / 60 minutes	
CalFit	1349 Florin Rd, Sacramento, CA 95831	Gentle Yoga	POCKET	10:30 AM / 60 minutes	
CalFit	2165 Sunset Blvd, Rocklin, CA 95765	Mixed Levels Yoga	ROCKLIN	10:00 AM / 60 minutes	



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2017 Free Day of Yoga Schedule

Studio	Address	Style/Description	Instructor		Studio Notes (studio / class info , special FDOY promotions, etc.)
CalFit	5001 Foothills Blvd, Roseville, CA 95747	Mixed Levels Yoga	ROSEVILLE	8:00 AM / 60 minutes	
CalFit	5001 Foothills Blvd, Roseville, CA 95747	Mixed Levels Yoga	ROSEVILLE	10:00 AM / 60 minutes	
CalFit	2511 Warren Drive, Rocklin, CA 95677	Mixed Levels Yoga	SPORTS COMPLEX	60 minutes	
CalFit	2511 Warren Drive, Rocklin, CA 95677	Mixed Levels Yoga	SPORTS COMPLEX	8:00 AM / 60 minutes	
CalFit	1975 Zinfindel Drive, Rancho Cordova, CA 95670	Mixed Levels Yoga	SUNRISE	10:05 AM / 60 minutes	
East Sac Yoga	3240 B Street, Sacramento, CA	Gentle / Mindful Yoga	Sandi	9:30 AM / 60 minutes	Community Room – back half of the building
East Sac Yoga	3240 B Street, Sacramento, CA	Aroma - Bliss Yoga	Sandi	11:00 AM / 90 minutes	Community Room)
Hot Yoga Club Granite Bay	4067 Cavitt-Stallman Rd, Granite Bay, CA 95746	Classic 90	Kevin	9:30 AM / 90 minutes	Classic 90 & 60 is the original hot hatha yoga series of 26 postures and 2 breathing exercises done in our heated studio.
Hot Yoga Club Granite Bay	4067 Cavitt-Stallman Rd, Granite Bay, CA 95746	Classic 60	Brian w/music	12:00 PM / 60 minutes	Classic 90 & 60 is the original hot hatha yoga series of 26 postures and 2 breathing exercises done in our heated studio.
It's All Yoga	2405 21st Street, Sacramento, CA 95818	Qoya	Kaci Florez	1:30 PM / 90 minutes	
It's All Yoga	2405 21st Street, Sacramento, CA 95818	Wake Up To Yoga 1-3	Sethyne Gavin	7:30 AM / 60 minutes	
It's All Yoga	2405 21st Street, Sacramento, CA 95818	Brand New to Yoga! 1	Gina Langbehn	9:00 AM / 60 minutes	
It's All Yoga	2405 21st Street, Sacramento, CA 95818	Integrative Flow 2-3	Carrie Meyer	10:30 AM / 60 minutes	
It's All Yoga	2405 21st Street, Sacramento, CA 95818	Yin 1-2	Alicia Patrice	12:00 PM / 60 minutes	
Leap Yoga	1725 Iron Point Road, Folsom, CA	Vinyasa Flow All Levels	Butch Mitchell	5:00 PM / 75 minutes	
Leap Yoga	1725 Iron Point Road, Folsom, CA	Vinyasa Flow All Levels	Butch Mitchell	9:00 AM / 75 minutes	
Purely Hot Yoga	6350 Folsom Blvd, Sacramento, CA 95819	Bikram Yoga	Julie Havelock	9:00 AM / 90 minutes	
Purely Hot Yoga	6350 Folsom Blvd, Sacramento, CA 95819	Inferno Hot Pilates	Julie Havelock	12:00 PM /	
Radiant Yoga	530 Post Ct, El Dorado Hills, CA 95762	Sacramento Free Day of Yoga - FREE class	Leslie Evans	10:00 AM / 75 minutes	
RAW Yoga Center	1889 Alhambra Blvd Suite 120, Sacramento, CA 95816	Power Vinaysa	Romel Antioine	9:03 AM / 75 minutes	
Sol Flow Yoga	2750 Greenwood Lane, Cameron Park, CA 95682	Yin Yoga	Juli Blanco	75 minutes	Class is warm not heated. Restorative.
Sol Flow Yoga	2750 Greenwood Lane, Cameron Park, CA 95682	Sol Flow	Morgan Fallon	10:00 AM / 75 minutes	Hybrid class, heated, vinyasa flow and yin
Sol Flow Yoga	2750 Greenwood Lane, Cameron Park, CA 95682	Hi Intensity Vinyasa Flow	Sara Junker	6:15 PM / 75 minutes	Vinyasa Flow, heated, core work, and fun sequence
Solfire Yoga	2613 J Street, Sacramento, CA 95816	Vinyasa/ All Levels	Lauren Suedkamp	9:45 AM / 75 minutes	
Solfire Yoga	2613 J Street, Sacramento, CA 95816	Vinyasa/ All Levels	Stephanie Birch	12:00 PM / 60 minutes	
The Yoga Solution	5290 Elvas Ave, Sacramento, CA 95819	Iyengar based class	Gary Vercelli	5:30 PM / 90 minutes	
The Yoga Solution	5290 Elvas Ave, Sacramento, CA 95819	Classic yoga postures and slow vinyasa routines	Phil Smith	9:00 AM / 75 minutes	
Well Balanced Body	715 Sutter St Suite B Folsom CA 95630	BEGINNERS	Dr. T	3:00 PM / 70 min	FDOY PROMO – 30 days for \$30 of yoga.
Zuda Yoga	1515 19th Street #104, Sacramento, CA 95814	Power Vinyasa	Cori Chadwick	8:00 AM / 75 minutes	