

TUESDAY

9:00 - 10:30

1:00 - 4:00

Intro to Shadow Yoga *

Private Classes

Yoga Shala

Tree House

WEDNESDAY

6:00 - 7:15

12:00 - 1:00

6:00 - 7:15

Hatha Yoga *

Advanced Beginner

Yoga Basics

Body Therapy Center

Los Osos Fitness

Yoga Shala

THURSDAY

5:45 - 6:45

9:00 - 10:30

12:00 - 3:00

5:30 - 6:45

Advanced Beginner

Beginner

Private Classes

Relax & Renew *

Los Osos Fitness

Yoga Shala

Tree House

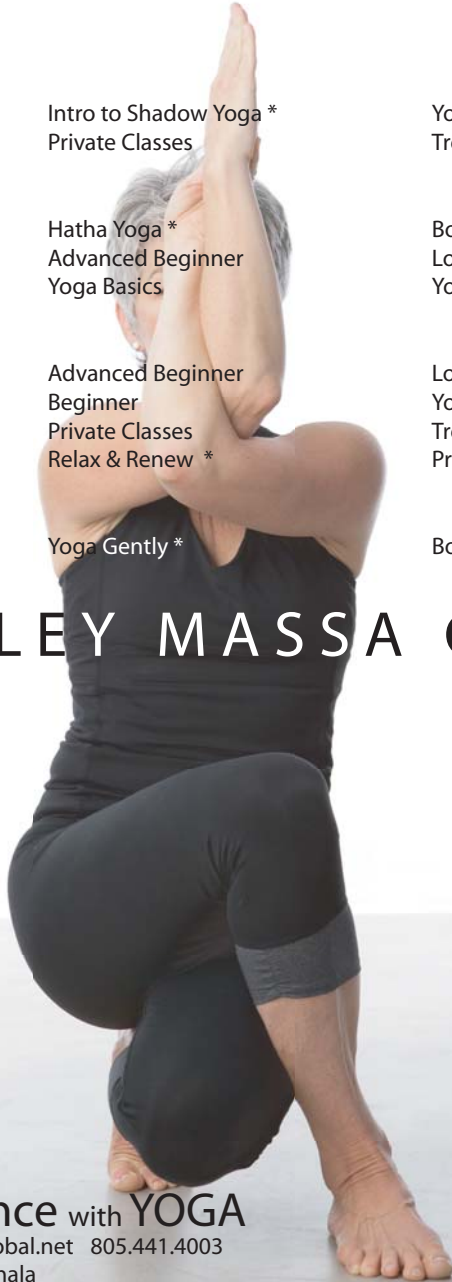
Private Studio

SUNDAY

8:00 - 9:30 am

Yoga Gently *

Body Therapy Center



SHELLEY MASSA GOOCH

INTObalance with YOGA

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co-owner of Yoga Shala

www.into-balance.com

www.yogashalaslo.com

YOGA SHALA
205 Windward
Shell Beach, CA 93449

TREE HOUSE
1141 Pacific
San Luis Obispo, CA 93402

LOS OSOS FITNESS *(only \$10 per class)*
1078 Los Osos Valley Road
Los Osos, CA 93402

BODY THERAPY CENTER
2005 9th Street
Los Osos, CA 93402

PRIVATE STUDIO
Los Osos
Please call for directions
805.441.4003

Passes available for series (*) classes.

Check website for series and single
pricing under the class you are
interested in attending.

SHELLEY MASSA GOOCH po box 3110 . shell beach . ca 93448