

Tiny Haven Yoga

211 Hugo Street, SF, CA 94122

All classes taught by Athena Pappas, Certified Iyengar Yoga Instructor

SCHEDULE

Wednesday

5:00 - 6:15 pm Everyday Yoga 1 ¼ hr

6:30 - 7:30 pm Evening Yoga 1 hr

Thursday

7:30 - 8:30 am Morning Yoga 1 hr

9:00 - 10:15 am Everyday Yoga 1 ¼ hr

Friday

9:00 - 10:00 am Everyday Yoga 1 hr

11:30 - 12:30 pm Therapeutic Yoga 1 hr

5:00 - 6:15 pm Everyday Yoga 1 ¼ hr

Saturday

9:30 - 11:15 am Intermediate Yoga 1 ½ hr.

11:30 - 12:30 Basics at Tiny Haven 1 hr.

12:30 - 1 pm Tea Time

Sunday

10:00 - 11:15 am Everyday Yoga 1 ¼ hr.

CLASS DESCRIPTIONS

Morning Yoga

An energetic class to start the day. All-levels are welcome. 1 hr.

Everyday Yoga

An essential class that will increase strength, balance and flexibility. All-levels. 1 hr. or 1 ¼ hr.

Evening Yoga

A rejuvenative class designed to relieve stress and soothe the nervous system. All-levels. 1 hr.

Therapeutic Yoga

A class offering intended to support students with physical injuries, pain and/or limited mobility in the neck, shoulders, low-back, hips and/or knees. All-levels 1 hr.

Basics at Tiny Haven

A class ideal for beginners and yoga students new to the Iyengar Yoga Method. 1hr.

Intermediate Yoga

An extended practice including inversions, backbends and arm-balances for students who have studied Iyengar Yoga. Prerequisite - 5 years of ongoing study with a Certified Iyengar Yoga Teacher. 1 ½ hr.

Tea Time - A time to chat, meet our staff, ask questions and/or receive help with signing up for classes.

All classes are available to livestream via Zoom, contact athenapappas@prodigy.net for registration information.

Private sessions and small group instruction available.

Programming will include weekend workshops on a variety of topics, class series offerings and early-morning intensives.

PRICING

First Class - \$20

Opening Savings Rate - 3 for \$48

Single Class - \$29

Five Class Pass - \$125

Monthly Recurring Rate - \$160 for 8 classes*

Private Instruction - Starts at \$165

*Requires an initial three-month commitment.