

Yoga by Helena

You can find Helena teaching a Yoga class somewhere almost every day of the week. The trick is to know when to look where! Here is a current summary:

Sunday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Afternoon Monthly Workshops at Affirmations Yoga Studio in Poway</p> <p>Check the Website for the current schedule.</p>	<p>9:30 AM - 10:45 AM Yogazander at Affirmations Yoga Studio in Poway</p>	<p>3:00 PM - 4:00 PM Silver Age Yoga at the Scripps Ranch Library</p>	<p>10:00 AM- 11:00 AM Second Thursday of each Month. Classes at the Poway Branch of the County Library.</p> <p>Check the Website for the current schedule.</p>	<p>9:30 AM - 10:30 AM Silver Age Yoga at the Senior Center in Poway</p> <p>11:30 AM - 12:30 PM Yoga at Semper Fit Gym MCAS Miramar</p>	<p>10:30 AM - 11:45 AM Hatha Yoga at Affirmations Yoga Studio in Poway</p>

This is a general schedule. It is recommended you contact Helena for conformation before attending any class.

Monthly schedules and events are posted at www.yogazander.com.

Contact Helena at: Helena@yogazander.com or 858-361-1910.

Additionally, you can catch Helena on the County Television Network (CTN) on cable TV or the Web according to the following schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:30 AM	9:00 - 9:30 AM	9:00 - 9:30 AM	9:00 - 9:30 AM	9:00 - 9:30 AM
2:00 - 2:30 PM	2:00 - 2:30 PM	2:00 - 2:30 PM	2:00 - 2:30 PM	2:00 - 2:30 PM
Silver Age Yoga	Silver Age Yoga	Silver Age Yoga	Silver Age Yoga	Silver Age Yoga

Programming can be pre-empted by County Supervisor Board Meetings.

Additional information can be found at: <http://www.sdcounty.ca.gov/ctn>