

A title graphic for 'Yoga with Marcia' featuring the text in a purple, handwritten-style font. The background is a close-up photograph of a textured, reddish-brown stone resting on a light-colored, sandy surface.

# Yoga with Marcia

## Class Schedule

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>LOCATION</u>	<u>DROP-IN/SERIES</u>
Tuesday	5:30 to 6:30 pm	Gentle Yoga	Alameda Hospital	\$6 or \$40/8 classes
Wednesday	12:00 to 1:00 pm	Yoga for a Cause+	Island Yoga	By Donation
Wednesday	6:00 to 7:30 pm	Begin/Intermediate	Island Yoga	\$15 or \$65/5 or \$110/10
Friday	12:00 to 1:00 pm	All Levels	Island Yoga	\$15 or \$65/5 or \$110/10
Saturday	8:45 to 9:45 am	Beginning	Island Yoga	\$15 or \$65/5 or \$110/10
Saturday	10:00 to 11:30 am	Begin/Intermediate	Island Yoga	\$15 or \$65/5 or \$110/10
Sunday	4:00 to 6:00 pm	Restorative++	Island Yoga	\$25 pre-reg/\$30 at door

+Donation-based class suitable for all levels. Proceeds go to local non-profits.

++Monthly class meets the 1st Sunday of each month. Go to [www.alamedaislandyoga.com](http://www.alamedaislandyoga.com) for dates.

Private & semi-private instruction by arrangement. For more information, please contact Marcia at:  
(510) 864-9868 or [info@yogawithmarcia.com](mailto:info@yogawithmarcia.com)

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## Locations

Alameda Hospital  
2070 Clinton Ave., Alameda  
(510) 814-4362  
[www.alamedahospital.org](http://www.alamedahospital.org)

Island Yoga  
911 Central Ave, Alameda  
(510) 205-5003  
[www.alamedaislandyoga.com](http://www.alamedaislandyoga.com)