


	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 AM				Introduction to Ashtanga with Maura	Kouk Sundo with Jae		Standing Meditation+Chi Gung with Stuart
8 AM	Tai Chi with Allan						Chi Gung with Russell
9 AM	Chi Gung with Michael	Mommy and Me Yoga with Emily	Yoga and meditation with Liz	Hatha Flow with Emily	Pilates for Every Body with Kristina	Yoga and Meditation with Bess	Lotus Flow with Rebecca
10 AM	Mommy and Me Yoga Dance with Kali		All levels Jazz Dance with Joseph		Gentle Pilates with Kristina		Vinyasa Flow with Carmela
11 AM	Let your Yoga Dance with Kali				Prenatal Yoga with Maura		
Noon			Mid-day Yoga Break with Kathy				Beginning Hip Hop Dance with Joseph
1 PM		Kids art class for Adults with Valerie (kids + adults)		Breakdance 101 with Mischief	Creative Conditioning with Madamn Burnz		Advanced Hip Hop Dance with Joseph
2 PM			Total Body Fitness with Cassandra				
3 PM							 <p>This is a QR code, your fancy phone can look at it and take you to our mobile site! Try your camera, if that doesn't work, search for QR reader in your phone's app menu or store.</p>
4 PM		Yoga Forum with Even	Healing Yoga with Trishna		Dance Improv for ages 5-9 with Bianca	Dance Improv with Amy	
5 PM		Exploring Range and Motion with Even		Let your Yoga Dance with Kali	Dance Improv with Bianca		
6 PM		Vinyasa with Jung	Hatha Flow with Trishna	Yin Yoga with Jung	Tribal Belly Dance with Danielle		
7 PM		Mellow Flow with Rebecca					
8 PM							
9 PM							

Westside Art house is a shared space. A public sphere where all are welcome.

Constantly evolving, we hope to always offer an environment for creativity and inspiration, an open-space to enrich our neighborhood, and an abundant sanctuary for personal growth.

Currently, we offer:

- *Donation-based yoga, dance art and music classes - because we believe that the world would be a much better place if art, ideas and education were shared amongst everyone.
- *Workshops, trainings and forums - to build community, strengthen your ability to carve out the direction of your life, and provide a foundation for support and friendship to flourish.
- *Art, music and movement events -for fun.



www.facebook.com/WestSideArtHouse



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www.twitter.com/Wsidearthouse



<http://www.youtube.com/Wsidearthouse>



<http://www.yelp.com/biz/westside-art-house-san-francisco>