



TAI CHI, YOGA & MEDITATION

AT
VERONICA STUDIO

W E E K L Y S C H E D U L E

DAY	TIME	INSTRUCTOR		DESCRIPTION
MONDAY	9:15 – 10:30 am	Doria Cook-Nelson	Privates	Tai Chi & Qigong
	11:00 – 12:30 pm	Darcy Paley	Group	Iyengar Yoga
TUESDAY	OPEN FOR PRIVATES			
WEDNESDAY	9:30 – 11:00 am	Doria Cook-Nelson	Group	Tai Chi & Qigong
	12:00 – 1:30 pm	Darcy Paley	Group	Iyengar Yoga
THURSDAY	9:30 – 11:00 am	Doria Cook-Nelson	Privates	Tai Chi & Qigong
	12:30 – 1:30 pm	Jyoti	Privates	Yoga
FRIDAY	12:00 – 1:00 pm	Julie Carmen	Group	Flow Yoga
	3:00 – 4:30 pm	Darcy Paley	Group	Iyengar Yoga
SATURDAY	9:30 – 11:00 am	Doria Cook-Nelson	Group	Tai Chi & Qigong
	11:30 – 1:00 pm	Darcy Paley	Group	Iyengar Yoga

BY APPOINTMENT ONLY

please contact: yoga@veronicaskincare.com

VERONICA
MALIBU