



Golden Monkey Healing

13259 Moorpark Street • Sherman Oaks, CA 91423

818.430.1906

Monday

9:00 - 10:30 am	Taoist Yoga	Matt Schwartz
7:30 - 8:30 pm	Meditation	Deborah Anderson

Tuesdays

7:00 - 8:00 pm	Tai Chi	Gene Kaufman
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Wednesdays

9:00 - 10:30 am	Taoist Yoga	Matt Schwartz
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Thursdays

6:00 - 7:00 pm	Qi Gong	Matt S. & Matt P.
7:00 - 8:00 pm	Tai Chi	Gene Kaufman

Fridays

9:00 - 10:30 am	Taoist Yoga	Matt Schwartz
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Saturdays

9:00 - 10:30	Shadow Yoga	Matt Pesendian
11:00 - 12:30 am	Hatha Yoga	Deborah Anderson

Sundays

4:00 - 5:30 pm	Dynamic Movement Lab	Taisha Paggett
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Upcoming Shadow Yoga Workshops

Kartikkeya Mandala

Monday • February 9, 16, 23

Wednesday • February 11, 18, 25

7:00 - 8:30 am

Balakrama

Monday • March 9, 16, 23

Wednesday • March 11, 18, 25

7:00 - 8:30 am

All classes are all levels and on donation basis

www.goldenmonkeyhealing.com