



MARCH & APRIL 2026

Yoga, Dance & Brain Health Class Schedule

Professor Vera Quijano | BS, MS, MPA, TBI (Traumatic Brain Injury) | RYT 200hr



MONDAY	WEDNESDAY	1st & 3rd FRIDAY	1st & 3rd SATURDAY
<p>5:45 - 6:40 pm HATHA YOGA SUN SALUTATIONS <i>Sagittal Plane MOBILITY (forward & backward) & Morning Yoga Ritual Focus</i></p>	<p>5:45 - 6:40 pm HATHA YOGA CORE STRENGTH <i>Transverse Plane MOBILITY (twisting left & right) & Strength-Flexibility Balance Focus</i></p>	<p>5:45 - 6:40 pm <i>Wine Down Friday</i> HATHA YOGA MOON SALUTATIONS <i>Coronal Plane MOBILITY, (side-to-side) & Evening Yoga Ritual Focus (BYOB, wine, snacks welcome!)</i></p>	<p>9:45 - 10:40 am HATHA YOGA SUN SALUTATIONS <i>Sagittal Plane MOBILITY (forward & backward), Flexibility & Morning Yoga Ritual Focus</i></p>
<p>6:45 - 7:40 pm HATHA YOGA MOON SALUTATIONS <i>Coronal Plane MOBILITY (side-to-side) & Evening Yoga Ritual Focus</i></p>	<p>6:45 - 7:40 pm SALSA DANCE <i>Beginner Friendly!</i> Learn to break on the 1, 2, and/or 3</p>	<p>7:00 - 7:45 pm <i>Meet & Greet</i> LATIN DANCE MIX <i>Beginner Friendly!</i> • Bachata 3/6 • Merengue 3/20 • Salsa 1 and/or 2 4/17 • Cha Cha 5/1 <i>(BYO biz cards & brochures welcome!)</i></p>	<p>12:30 - 2:30 pm <i>BYOC (chair)</i> 4 Brain Self-Leadership & Self-Health Workshops Spiritual Health (Fire) 3/7 Mental Health (Air) 3/21 Physical Health (Earth) 4/18 Emotional Health (Water) 5/2 <i>∞Dress Yoga Comfortably∞</i></p>
<p>7:40 - 8:00 pm YOGA Practice</p>	<p>7:40 - 8:00 pm DANCE Practice</p>	<p>7:45 - 9:00 pm <i>Biz Networking</i> SOCIAL DANCE & Practice</p>	<p>2:30 - 4:00 pm Members OPEN DANCE Practice</p>

✓ Pre-Registration Recommended for All Classes. Space Limited.

✓ Scan QR Code and Reserve Classes Now.

✓ Choose **Drop-In** | \$40/class

Trying Vera's Class for the 1st Time? **SAVE27**



✓ Choose **6 Class Pack Members** | (\$30/class)

\$180 | Mix Yoga, Dance & Brain Health Classes!



✓ Choose **15 Class Pack Members** | (\$25/class)

\$375 | Mix Yoga, Dance & Brain Health Classes!



✓ Get Class Descriptions & Free Support Videos:

VeraQuijano.com

✓ Get Friendly Registration Help & Mobile App Support:

CONTACT Office Manager

Nina@PacificCombatArts.com

Text or Call 650.670.6759

✓ No Classes
March 30 - April 4

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