

**Debbie Gilman's Yoga Schedule 2009**  
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510 / 919-4456

**Ongoing Classes**

Sunday	Innate Chiropractic	10:30-12:15 (Level 2-4)
Monday	The Yoga Room*	9:30-11:00 (Level 2-4) <b>*Starts in September</b>
Tuesday	Albany YMCA	1:30-2:30 (Intermediate)
Wednesday	Innate Chiropractic	9:30-11:00 (Level 1-3)
Thursday	Innate Chiropractic	6:30-8:00 (Level 1)
Friday	Innate Chiropractic	12:15-1:30 (Restorative)

**Innate Chiropractic** ([www.n8chiropractic.com](http://www.n8chiropractic.com)) 510-528-5216

**The Yoga Room** ([www.yogaroomberkeley.com](http://www.yogaroomberkeley.com)) 510-848-0993

**Albany YMCA** ([www.baymca.org](http://www.baymca.org)) 510-525-1130

**Private Yoga Classes and Special Group Classes** ([www.n8chiropractic.com](http://www.n8chiropractic.com)): Special yoga classes can be arranged for you or your group (i.e. a tennis team, a couple or a family, a mother's group, a birthday party) at Innate Chiropractic and Wellness Studio.

**Downtown Yoga** ([www.pleasantonyoga.com](http://www.pleasantonyoga.com)): Debbie has been on the faculty of the Advanced Studies Program at Downtown Yoga in Pleasanton since 2006 and she also offers workshops there that are open to the public.

**Women's Cancer Resource Center** ([www.wcrc.org](http://www.wcrc.org)): Debbie is part of a team that leads weekly gentle yoga classes at the Women's Cancer Resource Center in Oakland.

Debbie Gilman has been practicing yoga since 1987 and has been teaching throughout the Bay Area since 1997. Debbie graduated from The Yoga Room's Advanced Studies Program in 2000 and is a student of Donald Moyer. She is currently on the faculty of the Advanced Studies Program at Downtown Yoga and serves as a mentor teacher for students in the Yoga Room Advanced Studies Program. Debbie has a BA from Stanford University and an MA from Harvard. She brings a love of teaching to her classes and works with students in a gentle, encouraging way.