



2026 | Yoga, Dance & Health Class Schedule

Pre-Registration Recommended via Mobile App

Body Mind Soul Professor Vera Quijano | BS, MS, MPA, RYT, TBI

| Monday | Wednesday | 1st & 3rd Friday | 1st & 3rd Saturday |
|---|---|--|---|
| 5:45 pm - 6:40 pm SUN & MOON SALUTATION YOGA | 5:45 pm - 6:40 pm CORE STRENGTH & BALANCE YOGA | 5:45 pm - 6:40 pm DEEP STRETCH <i>wine down</i> YOGA |  10:30 am - 12:30 pm CHAKRA YOGA 4 Health Workshops ✓ MENTAL Air Chakra 6/6 ✓ PHYSICAL Earth Chakra 6/20 ✓ EMOTIONAL Water Chakra 7/18 ✓ SPIRITUAL Fire Chakra 8/15 22 Participant Maximum VeraQuijano.com/HEALTH |
| 6:45 pm - 7:40 pm TAP DANCE <i>Beginner Friendly!</i> 7:40 - 8:00 pm Practice | 6:45 pm - 7:40 pm SALSA DANCE <i>Beginner Friendly!</i> 7:40 - 8:00 pm Practice | 7:00 pm - 7:40 pm LATIN DANCE <i>Social & Potluck!</i> ✓ <i>Beginner</i> MERENGUE 6/5 ✓ <i>Beginner</i> SALSA 6/19 ✓ <i>Beginner</i> CHA CHA 7/17 ✓ <i>Beginner</i> BACHATA 8/14 OPTIONAL: BYOB, wine, food, or biz cards for biz networking! 7:40 - 9:00 pm Dance Social | |

NEW!

June 4th - July 30th | Intermediate SALSA DANCE Thursdays | 6:45 pm - 7:40 pm

1st Time Try Enter Code: **SAVE27** | **\$13/class**

Drop-In | \$40/class

15 Class Pack Deal | **\$25/class**

\$375 w/ +1 option!

∞ **Ask about special discounts** ∞



Friendly Registration Help &

Mobile App Support:

Contact Office Manager

Nina@PacificCombatArts.com

Text/Call (650) 670-6759



1300 Elmer St | Belmont CA



SEE Class Descriptions: VeraQuijano.com | SUBSCRIBE Free Videos: [YouTube.com/@VeraQuijano](https://www.youtube.com/@VeraQuijano)