

Spa Cucina's Schedule for January, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>PLEASE NOTE: MOST CLASSES ON www.Zoom.US UNTIL FURTHER NOTICE</i> <i>Write tialanzetta@yahoo.com to register & receive unique log-in code for each class.</i></p>						
<p style="text-align: center;"><i>Please see fee/payment info below.* *</i></p>						
<i>Day of Rest</i>	10:00a-2:00p		8:30-9:30a		<i>Day of Rest</i>	8:15-9:15a
	<i>Available for outdoor body & energy work!</i>		Functional Yoga			Outdoor PiYo
	www.SpaCucina.com	10:00-11:00a Pilates/Yoga	2:00-6:00p	10:00-11:00a Pilates/Yoga		10:00-11:00a Pilates/Yoga
		11:30a-12:30p Functional Yoga	<i>How about outdoor bodywork?</i>	11:30a-12:30p Restorative Yoga		11:30a-12:30p Functional Yoga
<p style="text-align: center;"><i>Plus, I can come to you via Zoom, FaceTime or FB Messenger!</i></p>						
*All classes	require minimum 24-hour pre-registration/pre-payment of \$10/hour via Venmo to Teresa-Lanzetta, Zelle or PayPal to Tia @SpaCucina.com (for PayPal, please note "personal payment").					
*Unlimited Zoom with an MM!	Buy a Monthly Membership & 30 hours of Zoom classes are included! Current members pay \$60 by Sun, 12/27; \$65 after that. New members pay \$65 by the 27th; \$70 thereafter. Write tialanzetta@yahoo.com to register/receive unique links. Request recordings @ your convenience.					
*Timing not right, or missed a class?	Most sessions are recorded and I offer them to members for \$5/hour and \$10/hour for non-members. Order specific class or by format and I'll send you a downloadable link! <i>Buy ten, get two free!</i>					
*In-person Yoga	Saturdays we meet at La Costa Valley in a neighbor's garage during the cooler months, and these classes are full. Arrange your own private or small group class by contacting tialanzetta@yahoo.com !					
Outdoor body and energy work on my cozy (complete with heater when necessary) balcony!						
I'll take precautions to keep you and your loved ones safe (your temperature, my mask).						
A Holistic Health Practitioner since 2001, my work is a blend of modalities chosen for <i>your</i> situation.						
		Spa Cucina Mind & Body Therapies <i>We'll help you feel good...inside & out!™</i>				
		858/523-1SPA (1772) www.SpaCucina.com				
		Mail to P.O. Box 456, Cardiff, CA 92007				
Classes facilitated by Spa Cucina's Founder and President, Tia Lanzetta, a Registered Yoga Teacher (RYT) with the Yoga Alliance. A fitness instructor since the mid-1980's and yoga teacher since the '90's, Tia found her passion, especially when teaching new students and meditation.						