

# San Diego Free Yoga Resources

All of these Studios offer a fee week of yoga to new students

## Corepower Yoga

3555 Rosecrans St. #203  
San Diego, CA 92110  
619.225.9642

Every Sunday from noon to 1:15pm a FREE beginner's class. All are welcome!

## Sol Yoga

8657 Villa La Jolla Drive Suite 121  
La Jolla, California 92037  
858.452.YOGA (9642)  
Haute Yoga  
437 South Highway 101 Suite #401  
Solana Beach, Ca 92075  
858-345-1810

## Sculpt Fusion Yoga

4639 Carmel Mountain Road #102  
San Diego, ca 92130  
858 461.0980  
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## The Center

3909 Centre Street  
San Diego, CA 92103  
619-692-2077  
Free every week at these times  
Monday 10:30a.m-11:30a.m.  
Tuesday 10:30a.m.-12:00p.m.  
Thursday 2:45p.m.-3:45p.m.

## Free Laughter Yoga IN SAN DIEGO COUNTY-City of San Diego

### Saturdays

9:30 to 10:30 a.m. Free

**Balboa Park (south of the playground at Sixth Ave. & Spruce St.)**

Michael: 619.255.4622 or [Michael@LaughingInSanDiego.com](mailto:Michael@LaughingInSanDiego.com)

Louis: 858.722.3119 or [ljrhci@san.rr.com](mailto:ljrhci@san.rr.com)

### Sundays

9:30 to 10:30 a.m. Free

**Mission Bay Park (off I-5 & Clairemont Dr. exit, on the grass just south of the Visitor's Center)**

Dr. Funshine: 858.490.6288 or [www.DrFunshine.com](http://www.DrFunshine.com)

### Tuesdays

2:30 to 3:30 p.m. (SITTING CLASS) Free

**St. Paul's Manor (Banker's Hill), 2635 Second Avenue** (between Maple & Nutmeg)

Michael: 619.255.4622 or [Michael@LaughingInSanDiego.com](mailto:Michael@LaughingInSanDiego.com)

5:00 to 6:00 p.m. Donations Appreciated

**Red Lotus Society (Downtown), 540 Third Ave.**  
(3 hour free parking at Horton Plaza)

Dipika: 619.518.7294 or [ihbadipika@gmail.com](mailto:ihbadipika@gmail.com)

RLS: 619.246.1407 or [RedLotusSociety.org](http://RedLotusSociety.org)

### Wednesdays

12:30 to 1:30 p.m.(SITTING CLASS) Free

EVERY 3RD WEDNESDAY OF THE MONTH

**LiveWell San Diego (Clairemont) 4225 Bannock Ave., San Diego**

Dr. Funshine: 858.490.6288 or [www.DrFunshine.com](http://www.DrFunshine.com)

5:30 to 6:30 p.m. (Pacific Beach) Free

EVERY 2ND AND 4TH WEDNESDAY OF THE MONTH

**P.B. Yoga & Healing Arts 961 Turquoise St.** (west of Cass St.),  
**San Diego, CA 92109**

Brian: 858.488.8655 or [drperks@sbcglobal.net](mailto:drperks@sbcglobal.net)

Wednesday Cont'd

7:00 to 7:45 p.m. (San Diego - College Grove Area)

**Oak Park Library**

**2802 54th St., San Diego, CA 92105** [Click](#)

[Here for a Map](#)

Kristen: 619.582.1892 or

[kristensmith64@yahoo.com](mailto:kristensmith64@yahoo.com)

### Thursdays

10:30 to 11:30 a.m. (SITTING CLASS)

Free

**College Avenue Senior Center** (Everyone Welcome)

**4855 College Avenue (parking lot is off Mesita Drive), San Diego** [Click Here for Map](#)

Michael: 619.255.4622 or

[Michael@LaughingInSanDiego.com](mailto:Michael@LaughingInSanDiego.com)

### Fridays

12:00 to 1:00 p.m. Free

**Balboa Park (grassy area between the Organ Pavilion & the Int'l Cottages) Park in the parking lot behind the Organ Pavilion, cross the street, and you're there!**

[Click Here for Map](#)

Michael: 619.255.4622 or

[Michael@LaughingInSanDiego.com](mailto:Michael@LaughingInSanDiego.com)

### NEW GROUP

7:00 to 8:30 p.m. (San Diego - El Cajon & "805") \$5

MONTHLY - CALL FOR DATES

**Shiloh Spiritual Center**

**3288 El Cajon Blvd.**(just east of "805"), **San Diego, CA 92104**

Vina Blue: 619.269.4897

## North County

### To Schedule a Laughter Group in the North

**County Contact** Michael @ 619.255.4622 or

[Michael@LaughingInSanDiego.com](mailto:Michael@LaughingInSanDiego.com)

#### **Wednesdays.**

10:30 to 11:30 a.m. (Carlsbad - SITTING CLASS) **Free**

**Carlsbad Senior Center, 799 Pine Avenue, Carlsbad**

Gaga: 760.889.6114 or [gaga@laughteryogausa.com](mailto:gaga@laughteryogausa.com)

## East County

### To Schedule a Laughter Group in the East County

**contact** Michael @ 619.255.4622 or [Michael@LaughingInSanDiego.com](mailto:Michael@LaughingInSanDiego.com)

#### **Sundays**

2:00 to 3:00 p.m. (El Cajon) **Free**

SECOND SUNDAY OF THE MONTH

**El Cajon Library, 201 E. Douglas Ave., El Cajon, 92020**

Jenne: 619.588.3718

#### **Thursdays**

10:30 to 11:0 a.m. (SITTING CLASS) **Free**

**College Avenue Senior Center** (Everyone Welcome)

**4855 College Ave., (parking lot is off Mesita Drive), San Diego**

Michael: 619.255.4622 or [Michael@LaughingInSanDiego.com](mailto:Michael@LaughingInSanDiego.com)

## South Bay

### To Schedule a Laughter Group in the South Bay

**English:** contact Michael @ 619.255.4622 or

[Michael@LaughingInSanDiego.com](mailto:Michael@LaughingInSanDiego.com)

**Spanish or Bilingual:** contact Pilar Guia

619.420.5204 or [pilarguia@yahoo.com](mailto:pilarguia@yahoo.com)

## Free LAUGHTER ON THE PHONE! You pay long distance rate

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### Live 20-Minute Calls

**Beginning at:**

**3, 4, 5, 6, 7, 8 & 9 AM (PST)**

**12 (noon), 5, 6 & 10 PM (PST)**

**Call: 712.432.3900 Free but you pay long-distance!**

**Code: 6071292#**

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### Recordings of Recent Calls

**(24 hours/day)**

**Call: 712.432.3903 Free but you pay long-distance!**

**Code: 6071292#**

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**For more information about "Laughter on the Phone", contact Gaga @ 760.889.6114 or [gaga@laughteryogausa.com](mailto:gaga@laughteryogausa.com)**