



Spring 17

GREATER BALTIMORE YOGA

Asana Classes

13 Week Session

One weekly class (13) - \$221

Two weekly classes (26) - \$390

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level I 8:30 am Janice	Level II 9:00 am Julie		Level II 9:00 am Stan	Level I/II 9:00 am Julie		Level II 8:30 am Stan
Meditation 10:05 am Janice	Gentle 10:45 am Julie	Level I/II 10:00 am Janice	Meditation 10:35 am Stan	Gentle Plus 10:45 am Julie	Yoga over 50 10:00 am Janice	Meditation 10:05 am Stan
Level II 10:30 am Janice			Level I 11:00 am Stan		Apprentice Mtg 12:00 pm Stan	Level I 10:30 am Stan
		Physical Therapy 1:00 - 5:00 pm Stan	Physical Therapy 1:00 - 4:00 pm Stan		Physical Therapy 1:30 - 5:30 pm Stan	Physical Therapy 12:15 - 1:15 pm Stan
	Level II 4:30 pm Judy	Level II 5:45 pm Stan	Level I/II 4:30 pm Velvet	Restorative 6:00 pm Velvet 5/4, 6/1	TGIF Yoga 5:45 pm Brooke	
	Level I/II 6:15 pm Judy	Meditation 7:20 pm Stan	Gentle 6:15 pm Velvet			
		Level I 7:45 pm Stan				

Workshops

Hatha Yoga as Physical Therapy: Therapeutic Exercise	Stan Andrzejewski PT	4/4 -7/1/17	2 CEUs	\$425
Kofi Busia Workshop	Kofi Busia	7/6-7/9	7 classes	\$60/45
Restorative Yoga Workshop	Velvet Abato-Wenker	5/4, 6/1	6:00 pm	\$20
Yoga for Gardeners Benefit Workshop	Janice Graham	4/20	6 -8 pm	\$30

410-560-2980

April 3 - July 2, 2017

marylandyoga.com