

Summer 17

GREATER BALTIMORE YOGA

Asana Classes

10 Week Session

One weekly class (10) - \$170

Two weekly classes (20) - \$300

| 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 | | 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

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|--|----------------------|----------------|-----------|---------|
| Hatha Yoga as Physical Therapy: Therapeutic Exercise | Stan Andrzejewski PT | 9/23 -12/20/17 | 2 CEUs | \$425 |
| Kofi Busia Workshop | Kofi Busia | 7/6 - 7/9 | 7 classes | \$60/45 |