



Winter 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
<b>Level I</b> 8:30 am Janice	<b>Level II</b> 9:00 am Julie		<b>Level II</b> 9:00 am Stan	<b>Level I/II</b> 9:00 am Julie		<b>Level II</b> 8:30 am Stan
<b>Meditation</b> 10:05 am Janice	<b>Gentle</b> 10:45 am Julie	<b>Level I/II</b> 10:00 am Janice	<b>Meditation</b> 10:35 am Stan	<b>Gentle Plus</b> 10:45 am Julie	<b>Yoga over 50</b> 10:00 am Janice	<b>Meditation</b> 10:05 am Stan
<b>Level II</b> 10:30 am Janice			<b>Level I</b> 11:00 am Stan		<b>Apprentice Mtg</b> 12:00 pm Stan	<b>Level I</b> 10:30 am Stan
		<b>Physical Therapy</b> 1:00 - 5:00 pm Stan	<b>Physical Therapy</b> 1:00 - 4:00 pm Stan		<b>Physical Therapy</b> 1:30 - 5:30 pm Stan	<b>Physical Therapy</b> 12:15 - 1:15 pm Stan
	<b>Level II</b> 4:30 pm Judy	<b>Level II</b> 5:45 pm Stan	<b>Level I/II</b> 4:30 pm Velvet	<b>Restorative</b> 6:00 pm Velvet 1/5, 2/2, 3/2	<b>TGIF Yoga</b> 5:45 pm Brooke	
	<b>Level I/II</b> 6:15 pm Judy	<b>Meditation</b> 7:20 pm Stan	<b>Gentle</b> 6:15 pm Velvet	<b>Yoga Nidra</b> 6:00 pm Judy 1/19, 2/16, 3/16		
		<b>Level I</b> 7:45 pm Stan				

## Workshops

Hatha Yoga as Physical Therapy: Therapeutic Exercise	Stan Andrzejewski PT	1/4 - 3/31/17	2 CEUs	\$425
Yoga Nidra Workshop	Judy Schaeffer	1/19, 2/16, 3/16	6:00 pm	\$20
Restorative Yoga Workshop	Velvet Abato-Wenker	1/5, 2/2, 3/2	6:00 pm	\$20
Holiday Benefit Classes	Stan / Janice	12/27 12/29	6 pm 10 am	\$30

410-560-2980

January 2 - April 2, 2017

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