

# Winter 18

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# GREATER BALTIMORE YOGA

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## Asana Classes

### 13 Week Session

One weekly class (13) - \$234 / Two weekly classes (26) - \$416

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 Lesley	<b>Level II</b> 5:45 pm Stan	<b>Level I/II</b> 4:30 pm Velvet	<b>Restorative Yoga</b> 5:30 pm Brooke	<b>TGIF Yoga</b> 5:45 pm Brooke	
	<b>Meditation</b> 6:05 pm Lesley	<b>Meditation</b> 7:20 pm Stan	<b>Gentle</b> 6:15 pm Velvet			
	<b>Level I</b> 6:30 pm Lesley	<b>Level I</b> 7:45 pm Stan				

## Workshops

Hatha Yoga as Physical Therapy: Therapeutic Exercise	Stan Andrzejewski PT	1/2 - 3/31	2 CEUs	\$425
Yoga for Back Pain [Sacroiliac Instability]	Janice Graham	12/27	10 am - noon	\$30
Intermediate Holiday Workshop	Stan Andrzejewski	12/30	10 am - noon	\$30