

Summer 2018

GREATER BALTIMORE YOGA

Asana Classes

10 Week Session

One weekly class (10) - \$180

Two weekly classes (2) - \$330

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meditation 8:30 am Stan	Level II 9:00 am Julie		Level I/II 9:00 am Stan	Level I/II 9:00 am Julie		Level II 8:30 am Stan
Level I/II 9:30 am Stan	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 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 Lesley	Level II 5:45 pm Stan	Level I/II 4:30 pm Velvet	Restorative Yoga 5:45 pm Brooke	TGIF Yoga 5:45 pm Brooke	
	Meditation 6:05 pm Lesley	Meditation 7:20 pm Stan	Gentle L I 6:15 pm Velvet			
	Level I 6:30 pm Lesley	Level I 7:45 pm Stan				

Workshops

Hatha Yoga as Physical Therapy: Therapeutic Exercise	Stan Andrzejewski PT	9/18 - 12/22	2 CEUs	\$425
Kofi Busia Workshop	Kofi Busia	7/5-8	7 classes	\$60/45