



Spring 2019

GREATER BALTIMORE YOGA

Asana Classes

13 Week Session

One weekly class (13) - \$234

Two weekly classes (26) - \$408

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
	Meditation 5:15 pm Lesley	Level II 5:45 pm Stan	Level I/II 4:30 pm Velvet	Restorative Yoga 4:30 pm Brooke	TGIFYoga 5:45 pm Brooke	
	Level I 5:45 pm Lesley	Meditation 7:20 pm Stan	Gentle L I 6:15 pm Velvet			
		Level I 7:45 pm Stan				

Workshops

Hatha Yoga as Physical Therapy: Therapeutic Exercise	Stan Andrzejewski PT	4/3 -7/2	2 CEUs	\$425
Kofi Busia Workshop	Kofi Busia	7/5 - 7	5 classes	\$60/\$45
Holiday Benefit Workshops	Janice, Stan	last week of December		\$30