



Fall 2019

# GREATER BALTIMORE YOGA

## Asana Classes

13 Week Session

One weekly class (13) - \$234

Two weekly classes (26) - \$442

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Meditation</b> 8:30 am Stan	<b>Level II</b> 9:00 am Julie		<b>Level I/II</b> 9:00 am Stan	<b>Level I/II</b> 9:00 am Julie		<b>Level II</b> 8:30 am Stan
<b>Level I/II</b> 9:30 am Stan	<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>New Level I</b> 2:00 pm Brooke		<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>Meditation</b> 5:15 pm Lesley	<b>Level II</b> 5:45 pm Stan	<b>Level I/II</b> 4:30 pm Velvet	<b>Restorative Yoga</b> 4:30 pm Brooke	<b>TGIFYoga</b> 5:45 pm Brooke	
	<b>Level I/II</b> 5:45 pm Lesley	<b>Meditation</b> 7:20 pm Stan	<b>Gentle L I</b> 6:15 pm Velvet			
		<b>Level I</b> 7:45 pm Stan				

## Workshops

Hatha Yoga as Physical Therapy: Therapeutic Exercise	Stan Andrzejewski PT	9/24-12/21	2 CEUs	\$425
Holiday Benefit Intermediate Workshop	Stan	12/28		\$30
Holiday Benefit Workshops	Janice	last week of December		\$30