

Fall 2020

GREATER BALTIMORE YOGA

Asana Classes

13 Week Session

One weekly class (13) - \$260

One class - \$20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meditation 8:30 am Stan	Level I/II 9:15 am Suze [9/14 start]	Level I/II 9:00 am Janice	Level I/II 9:00 am Stan			Level II 8:30 am Stan
Level I/II 9:30 am Stan		Gentle 10:45 am Janice	Meditation 10:35 am Stan		I/II-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 6:00 pm Suze [9/14 start]	Level II 5:45 pm Stan	Restorative Yoga 4:30 pm Brooke		TGIFYoga 5:45 pm Brooke	
		Meditation 7:20 pm Stan	Level II/III 6:15 pm Suze [9/16 start]			
		Level I 7:45 pm Stan				

Workshops

Hatha Yoga as Physical Therapy: Therapeutic Exercise	Stan Andrzejewski PT	9/19 - 12/23	2 CEUs	\$425
Holiday Benefit Classes	Janice and Stan	TBA		\$30

410-560-2980

September 19 - December 23, 2020

marylandyoga.