

Winter 2022

# GREATER BALTIMORE YOGA

## Asana Classes

13 Week Session

One weekly class (13) - \$260

One class - \$20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Meditation</b> 8:30 am Stan	<b>Level I/II</b> 9:15 am Suze		<b>Level I/II</b> 9:00 am Stan	<b>Gentle</b> 10am Brooke		<b>Level II</b> 8:30 am Stan
<b>Level I/II</b> 9:30 am Stan			<b>Meditation</b> 10:35 am Stan		<b>I/II</b> 10:00 am Stan	<b>Meditation</b> 10:05 am Stan
			<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> 6:00 pm Suze	<b>Level II</b> 5:45 pm Stan	<b>Level II/III</b> 6:00 pm Suze	<b>Restorative Yoga</b> 5:45 pm Brooke	<b>Level I/II</b> 5:45 pm Brooke	
		<b>Level I</b> 7:30 pm Stan				

## Workshops

Hatha Yoga as Physical Therapy: Therapeutic Exercise	Stan Andrzejewski PT	1/4 - 3/31	2 CEUs	\$425
Mid Holiday Yoga Class	Janice Graham	12/28	10 am - noon	\$30

410-560-2980

January 3 - April 3, 2022

marylandyoga.com