

Winter 2023

GREATER BALTIMORE YOGA

Asana Classes

12 Week Session

One weekly class (12) - \$240

One class - \$20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level I/II 9:30 am Stan	Level I/II 9:15 am Suzy		Level I/II 9:00 am Stan			Level II 8:30 am Stan
			Meditation 10:35 am Stan		I/II 10:00 am Stan	Meditation 10:05 am Stan
			Level I 11:00 am 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 11:15 - 1:15 Stan	Physical Therapy 12:15 - 1:15 pm Stan
		Level II 5:45 pm Stan	Level II/III 6:00 pm Suzy	Restorative Yoga 4:30 pm Brooke	Level I/II 5:45 pm Brooke	
		Level I 7:30 pm Stan				

410-560-2980

January 2 - March 26, 2023

www.marylandyoga.com