



Fall 2010

# GREATER BALTIMORE YOGA

## Asana Classes

13 Week Session

One weekly class (13) - \$221 / Two weekly classes (26) - \$390

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Level I</b> 9:00 am Julie	<b>Level II</b> 9:00 am Julie	<b>Level III</b> 9:00 am Stan	<b>Level II</b> 9:15 am Stan	<b>Level I/II</b> 9:00 am Julie		<b>Level II</b> 8:30 am Stan
<b>Level II</b> 10:45 am Julie	<b>Gentle</b> 10:45 am Julie	<b>Meditation</b> 10:35 am Stan	<b>Meditation</b> 10:50 am Stan	<b>Gentle Plus</b> 10:45 am Julie	<b>Yoga over 50</b> 10:00 am Dee	<b>Meditation</b> 10:05 am Stan
		<b>Level I/II</b> 11:00 am Stan	<b>Level I</b> 11:15 am Stan		<b>Level II</b> 11:30 am Frances	<b>Level I</b> 10:30 am Stan
	<b>Physical Therapy</b> 1:00 - 4:00 pm Stan	<b>Physical Therapy</b> 2:00 - 5:00 pm Stan	<b>Physical Therapy</b> 1:00 - 4:00 pm Stan		<b>Physical Therapy</b> 1:30 - 4:30 pm Stan	
	<b>Level I/II</b> 4:15 pm Judy	<b>Level II</b> 5:45 pm Stan	<b>Level I/II</b> 4:15 pm Velvet			
	<b>Meditation</b> 5:50 pm Judy	<b>Meditation</b> 7:20 pm Stan	<b>Level II</b> 6:00 pm Velvet	<b>Level I</b> 5:45 pm Jason		
	<b>Level I</b> 6:15 pm Judy	<b>Level I</b> 7:45 pm Stan		<b>Level I/II</b> 7:30 pm Jason		

## Workshops

Hatha Yoga as Physical Therapy :Therapeutic Exercise	Stan Andrzejewski, PT	9/25 - 12/21	7:45 - 9:15 pm	\$425
Yoga Nidra Workshop	Judy Schaeffer	11/14	6:00 - 7:30 pm	\$17
Hatha Yoga as Physical Therapy :Therapeutic Exercise	Stan Andrzejewski, PT	1/2 - 4/2/2011	7:45 - 9:15 pm	\$425