



Asana Classes

13 Week Session

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

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

Workshops

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|--|-----------------------|-------------------|----------------|---------|
| Hatha Yoga as Physical Therapy :Therapeutic Exercise | Stan Andrzejewski, PT | 4/6 -6/29/ 2010 | 7:45 - 9:15 pm | \$425 |
| Kofi Busia Workshop | Kofi Busia | 7/15 - 18/2010 | 7 classes | \$60/40 |
| Hatha Yoga as Physical Therapy :Therapeutic Exercise | Stan Andrzejewski, PT | 9/25 - 12/21/2010 | 7:45 - 9:15 pm | \$425 |