



Asana Classes

10 Week Session

One weekly class (10) - \$170 / Two weekly classes (20) - \$300

NO CLASSES JULY 16 - 19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level I 9:00 am Julie	Level II 9:30 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 11:15 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 Jason	Level II 5:45 pm Stan	Level I 4:15 pm Velvet	Level I 4:45 pm Velvet		
	Level I 6:00 pm Jason	Meditation 7:20 pm Stan	Level II 6:00 pm Velvet	Level I/II 6:30 pm Velvet		
		Level I 7:45 pm Stan				

Workshops

Kofi Busia Workshop	Kofi Busia	7/16 - 19	7 classes	\$60/40
Victor van Kooten Workshop	Victor van Kooten	9/17 - 20	8 classes	\$60/40
Hatha Yoga as Physical Therapy :Therapeutic Exercise	Stan Andrzejewski, PT	9/22 -12/19/ 2009	7:45 - 9:15 pm	\$425