

Winter 2012

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# GREATER BALTIMORE YOGA




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## 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> 9:30 am Chris	<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>Level I</b> 11:15 am Chris	<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 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> 4:30 pm Judy	<b>Level II</b> 5:45 pm Stan	<b>Level I/II</b> 4:30 pm Velvet	<b>Gravity-assisted Yoga</b> 6:00 pm Julie		
	<b>Level I</b> 6:15 pm Judy	<b>Meditation</b> 7:20 pm Stan	<b>Level I</b> 6:15 pm Velvet	<b>Yoga Nidra</b> 6:00 pm Judy 1/19, 2/23, 3/22		
		<b>Level I</b> 7:45 pm Stan				

## Workshops

Hatha Yoga as Physical Therapy :Therapeutic Exercise	Stan Andrzejewski, PT	1/2 - 4/1	Tues, Wed, Sat	\$425
Yoga Nidra Workshop	Judy Schaeffer	12/29	6:30 - 8:00 pm	\$20
Yoga Nidra Workshop	Judy Schaeffer	1/12, 2/23, 3/22	6:00 - 7:30 pm	\$17
Gravity-assisted Yoga Workshop	Julie Madill	1/5, 2/2, 3/1	6:00 - 7:30 pm	\$17