

Upcoming Workshops:

Stand Tall: Yoga Poses to Improve Posture
with Tonya Garreaud
Saturday, October 8

Yoga for Women: Bone Health
with Sally Hoelsing
Oct 30, Nov 6, 13 & 20

Yoga for Chronic Back Pain
with Roberto Astorga
Saturday, November 5

Writing with Yoga
with Julie Lawrence & Kim Stafford
Saturday, November 19

Weekly Classes:

Fall Term 14 Weeks
\$196 – one class
\$350 – two classes
\$497 – three classes

Drop-ins:

You are welcome to drop-in to any of the weekly classes. Drop-ins are \$18 each.

Jewel Yoga Class Schedule

September 11 – December 17

Sundays

9:00 – 10:30 am	Level 2	Terry
5:30 – 7:00 pm	Aging Well	Roberto

Mondays

10:00 – 11:30 am	Level 1	Terry
12:00 – 1:30 pm	Level 2	Alison
5:30 – 7:00 pm	Level 1	Julie

Tuesdays

6:30 – 8:00 am	Level 2	Tonya
9:00 – 10:30 am	Level 1	Tonya
12:00 – 1:30 pm	Adaptive Yoga	Cindy
3:30 – 5:00 pm	Level 2-3	Julie
5:30 – 7:00 pm	Level 2	Julie
7:15 – 8:45 pm	Active/Restorative	Roberto

Wednesdays

10:00 – 11:30 am	Gentle Yoga	Cindy
12:00 – 1:30 pm	Level 1	Sally
5:30 – 7:00 pm	Level 3	Julie
7:15 – 8:45 pm	Level 1-2	Tonya

Thursdays

10:00 – 11:30 am	Level 1-2	Tonya
12:00 – 1:30 pm	Level 2	Julie
5:30 – 7:00 pm	Level 1	Tonya
7:15 – 8:45 pm	Level 2	Tonya

Fridays

8:15 – 9:45 am	Back Care	Roberto
10:00 – 11:30 am	Level 2	Cindy
12:00 – 1:30 pm	Level 1	Cindy
3:30 – 5:00 pm	Level 3	Tonya
5:30 – 7:00 pm	Level 2	Tonya

Saturdays

9:00 – 10:30 am	Level 1-2	Terry
11:00 am – 12:30 pm	Level 1	Lauren