

Upcoming Workshops:

Yoga for Women: Emotional Health

with Sally Hoelsing
Four Sundays: March 19 & 26,
April 2 & 9
11:30 am – 1:00 pm

Healthy Neck and Shoulders Workshop

with Roberto Astorga
Saturday, April 22
1:00 – 3:30 pm

Iyengar Yoga Studies

with Tonya Garreaud
Two Saturdays: April 15 &
June 3
1:00 – 3:00 pm

Yoga Intensive with Carrie
Owerko: Dynamic Alignment
May 5 – 7

Core Strengthening Workshop

with Sally Hoelsing
Sunday, June 4
11:00 am – 1:00 pm

Weekly Classes:

Winter Term 12 Weeks
\$168 – one class
\$302 – two classes
\$428 – 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 March 19 – June 10

Sundays

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

Mondays

10:00 – 11:30 am	Gentle Yoga	Cindy
12:00 – 1:30 pm	Level 2	Terry
5:30 – 7:00 pm	Level 1	Roberto

Tuesdays

6:30 – 8:00 am	Level 2	Tonya
9:00 – 10:30 am	Level 1	Tonya
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	Emily
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