

Additional Offerings:

A Weekend with Matthew Sanford

June 28 - June 30

Buckhorn Springs Retreat with Julie Lawrence

July 21 - July 26

Annual Jewel Yoga Community Picnic at Laurelhurst Park

Aug 4

1:00 pm - 3:00 pm

The Gift of Consciousness : Module 2 w/ Gitte Bechgaard and Gloria Goldberg

September 10 - 14

Nehalem River Yoga Retreat with Tonya Garraud

September 27 - 29

Weekly Classes:

Summer Term 11 Weeks

\$165 - one class

\$297 - two classes

\$421- three classes

Drop-ins:

You are welcome to drop-in to any of the weekly classes.

Drop-ins are \$20 each.

Jewel Yoga Summer Class Schedule

June 23 - September 7

Sundays

9:00 - 10:30 am	Level 2	David
11:00 - 12:30 pm	Gentle Yoga	Roberto

Mondays

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

Tuesdays

9:00 - 10:30 am	Level 1	Tonya
11:00 - 12:30 pm	Level 2	Tonya
3:30 - 5:00 pm	Level 2-3	Cindy
5:30 - 7:00 pm	Level 2	Martina
7:15 - 8:45 pm	Mindful Alignment	Roberto

Wednesdays

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

Fridays

8:00 - 9:30 am	Back Care	Roberto
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Saturdays

9:00 - 10:30 am	Level 1	Martina
11:00 - 12:30pm	Level 1-2	Martina