

Additional Offerings:

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

September 10 - 14
\$600

The Transformational Power of Iyengar Yoga with Chris Saudek

October 18 - 20
\$240

Pranayama Sampler with Julie Lawrence

Thursdays, Oct. 3 - Nov. 14
8:30 - 9:30 am
\$90

Jewel Yoga Hike in the Gorge with Patti Kramer

October 27

Iyengar Yoga Studies with Tonya Garreaud

October 26 & November 23
1:00 - 3:00 pm
\$80

Iyengar for Posture, Neck, and Shoulders with Roberto Astorga

November 9
1:00 - 3:30 pm
\$35

Candlelight Restorative Workshop with Julie Lawrence

November 17
3:00 - 5:00 pm
\$35

Thanksgiving Day Class with Tonya Garreaud

November 28
9:00 - 11:00 am
\$25

Jewel Yoga

Fall Class Schedule

September 15 - December 14

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	Alison
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	Julie
5:30 – 7:00 pm	Level 2	Julie
7:15 – 8:45 pm	Mindful Alignment	Roberto

Wednesdays

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

8:00 – 9:30 am	Back Care	Roberto
10:00 - 11:30 am	Gentle	Cindy
12:00 - 1:30 pm	Level 1	Cindy

Saturdays

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