

## Upcoming Workshops:

New Year's Day Practice  
with Roberto Astorga  
Sunday, January 1

Do It Yourself—How to  
Build a Home Practice  
with Tonya Garreaud  
Two Sundays: February 5 &  
February 26

Early Morning Immersion:  
Yoga and Meditation for  
Challenging Times  
with Cindy Irvine  
Mon, Wed, Thurs, & Fri  
February 13 – March 3

Guest Teacher Leslie Howard  
March 11 & 12

Restorative Yoga with Cello  
with Julie Lawrence &  
Michal Palzewicz  
Saturday, March 18

## Weekly Classes:

Winter Term 11 Weeks  
\$154 – one class  
\$277 – two classes  
\$393 – 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 January 2 – March 18

### 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	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