

# Additional Offerings:

## Free Introductory Classes:

Saturday, June 10

1:00 – 2:30 pm  
with Emily Oliva  
and

Saturday, June 17

11:00 am – 12:30 pm  
with Lauren Blackham

## Iyengar Yoga Studies with Tonya Garreud

Saturday, July 15

1:00 – 3:00 pm

## Jewel Yoga Annual Picnic

Sunday, July 23

1:00 – 3:00 pm

Laurelhurst Park

## Lower Back Pain Workshop

with Roberto Astorga

Saturday, August 12

1:00 – 3:30 pm

# Weekly Classes:

Summer 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 June 18 – September 2

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

## Wednesdays

10:00 – 11:30 am	Gentle Yoga	Cindy
12:00 – 1:30 pm	Level 1	Anne
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	Lauren
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

## Saturdays

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

\* Community Class: \$5 minimum donation.  
Classes will not meet on Tuesday, July 4.