

Additional Offerings:

Free Introductory Classes:

Thursday, September 7
5:30 – 7:00 pm
with Tonya Garreaud
and

Saturday, September 9
11:00 am – 12:30 pm
with Emily Oliva

Iyengar Yoga Studies with Tonya Garreaud

Three Saturdays:

September 23

October 28

December 2

1:00 – 3:00 pm

Outer Form: Inner Knowledge

with Stephanie Quirk
November 3 – 5

Thanksgiving Day Class

with Tonya Garreaud
Thursday, November 23
9:00 – 11:00 am

Candlelight Restorative Workshops

with Julie Lawrence
Monday, December 18
Tuesday, December 19
6:00 – 8:00 pm

Weekly Classes:

Fall Term 14 Weeks

\$196 – one class

\$350 – two classes

\$497 – three classes

Drop-ins:

You are welcome to drop-in to any of the weekly classes. Drop-ins are \$18 each.

Jewel Yoga

Fall Class Schedule

September 10 – December 16

Sundays

9:00 – 10:30 am	Level 2	Alison
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 / Julie
5:30 – 7:00 pm	Level 2*	Roberto / 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	Sally
3:30 – 5:00 pm	Level 1	Anne
5:30 – 7:00 pm	Level 3*	Tonya / 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*	Emily / 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

Saturdays

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

* Julie Lawrence will return mid-term.

** Community Class: \$5 minimum donation.

Regular classes will not meet on Thursday, November 23.