

Additional Offerings:

Target Class: Aim for a Challenging Pose
with Tonya Garreaud
1st Fridays | 4:00 – 6:00 pm
Jan. 5, Feb. 2, March 2

Restorative Yoga Class
with Emily Oliva
4th Fridays | 6:30 – 8:30 pm
Jan. 26, Feb. 23, March 23

Iyengar Yoga Studies
with Tonya Garreaud
Two Saturdays:
January 27
March 3
1:00 – 3:00 pm

Awakening the Pelvic Floor
with Lauren Blackham
Saturday, February 3
2:00 – 4:00 pm

Jump! Jump Up!
with Tonya Garreaud
Sunday, February 11
11:00 am – 1:00 pm

**Yoga Wisdom of Indian Epics:
The Adventures of Rama**
with Terry Petersen
Three Mondays:
February 12
February 26
March 12
7:15 – 8:15 pm

Weekly Classes:

Winter Term 12 Weeks
\$168 – one class
\$302 – two classes
\$428 – three classes

Drop-ins:

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

Jewel Yoga Winter Class Schedule

January 3 – March 31

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	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	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

8:00 – 9:30 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*	Anne

* Community Class: Sliding scale registration; \$15 drop-in.