

Additional Offerings:

Yoga Sutras Course: The Gift of Consciousness with Gitte Bechsgaard & Gloria Goldberg

Feb. 1 - 5

9:00 am - 4:00 pm each day

\$600

Target Class: Aim For A Challenging Pose with Tonya Garreaud

Jan. 25, Feb. 22, March 29

4:00 pm - 6:00 pm

\$60 series or \$25 Drop-In

Iyengar Yoga Studies with Tonya Garreaud

Jan. 26, Feb. 23, March 30

1:00 pm - 3:00 pm

\$120 for the three sessions

Women's Health: Exploring Stress Through Back Extensions with Sally Hoelsing

Sunday, March 3

1:00 pm - 3:30 pm

\$40

Restorative Yoga with Cello with Julie Lawrence and Michal Palzewicz

Sunday, March 17

3:00 pm - 4:30 pm

\$35

Iyengar Yoga for the Knees with Roberto Astorga

Saturday, March 23

1:00 pm - 3:30 pm

\$40

Jewel Yoga Winter Class Schedule

January 6 - March 30

Sundays

| | | |
|------------------|-------------|---------|
| 9:00 - 10:30 am | Level 2 | David |
| 11:00 - 12:30 pm | Gentle Yoga | Roberto |

Mondays

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|------------------|-------------|---------|
| 10:00 - 11:30 am | Gentle Yoga | Cindy |
| 12:00 - 1:30 pm | Level 2 | Martina |
| 5:30 - 7:00 pm | Level 1 | Roberto |
| 7:15 - 8:45 pm | Level 1-2 | Anne |

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 |
| 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 | Martina |
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