

Additional Offerings:

Target Class: Aim For A Challenging Pose with Tonya Garreaud

April 26, May 24, June 21
4:00 pm - 6:00 pm
\$60 series or \$25 Drop-In

Iyengar Yoga Studies with Tonya Garreaud

April 27, June 22
1:00 pm - 3:00 pm
\$80 for the two sessions

Exploring Stress Through Back Extensions with Sally Hoelsing

Sunday, June 2
1:00 pm - 3:00 pm
\$40

Matthew Sanford : Exploring the Subtle Body through Alignment and Precision

June 28 - 30
\$225 for full weekend workshop
\$20 for Friday Night Reading
\$40 for Friday Teacher Training

Yoga Sutras Course : The Gift of Consciousness, Module 2, with Gitte Bechsgaard & Gloria Goldberg

September 10 - 14
9:00 am - 4:00 pm each day
\$600

Jewel Yoga Spring Class Schedule

March 31 - June 22

Sundays

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

Mondays

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
11:00 - 12:30pm	Level 1-2	Martina