

Additional Offerings:

Iyengar Yoga Studies with Tonya Garreaud

January 25 & February 29

1:00 - 3:00 pm

\$80 / 2 classes

The Art of Progression with Tonya Garreaud

January 31, February 28, & March 27

4:00 - 6:00 pm

\$25 / class

Iyengar Film Event

Sunday, February 2

4:00 - 6:30 pm

Iyengar Yoga for the Knees with Roberto Astorga

March 14

1:00 - 3:30 pm

\$45

Carrie Owerko Workshop

May 01 - May 03

\$270

Nehalem River Yoga Retreat with Tonya Garreaud

May 15 - May 17

Buckhorn Springs Yoga Retreat with Julie Lawrence

July 12 - July 17

Weekly Classes:

Winter Term - 12 Weeks

\$192 - one class

\$345 - two classes

\$489 - three classes

Drop-ins:

You are welcome to drop-in to any of the weekly classes.

Drop-ins are \$20 each.

Jewel Yoga Winter Class Schedule

January 05 - April 04

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	Alison
5:30 - 7:00 pm	Level 1	Roberto

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
12:00 - 1:30 pm	Level 2	Martina
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	Gentle	Cindy
12:00 - 1:30 pm	Level 1	Cindy

Saturdays

9:00 - 10:30 am	Level 2	Martina
11:00 - 12:30 pm	Community Class	Amy