



# Winter Schedule

## REGULAR CLASSES

*\$12 each; multi-class discounts available*

### MONDAY

|              |   |         |
|--------------|---|---------|
| 6:00-7:00 am | Heated Detox Yoga Flow Series<br><small>(through Feb 13; no class Jan 23)</small> | Chris   |
| 6:00-7:00 pm | All-Levels Flow   | Kathryn |
| 7:30-8:30 pm | Pilates-Inspired Core Fusion  | Robyn   |

### TUESDAY

|              |                  |        |
|--------------|------------------|--------|
| 4:30-5:45 pm | Restorative Yoga | Laurie |
| 6:00-7:00 pm | Hatha Yoga       | Chris  |

### WEDNESDAY

|              |                 |         |
|--------------|-----------------|---------|
| 6:00-7:00 pm | All-Levels Flow | Kathryn |
| 7:30-8:30 pm | Mat Pilates     | Laurie  |

### THURSDAY

|              |                              |             |
|--------------|------------------------------|-------------|
| 5:30-6:30 pm | Pilates-Inspired Core Fusion | DJ          |
| 7:00-8:00 pm | Intermediate Flow            | Katharine M |

### SATURDAY

|                |                  |        |
|----------------|------------------|--------|
| 9:00-10:00 am  | Mat Pilates      | Laurie |
| 10:15-11:30 am | Restorative Yoga | Laurie |

### FIRST SUNDAY OF THE MONTH

|          |               |       |
|----------|---------------|-------|
| 10:30 am | Yoga for Vets | Chris |
|----------|---------------|-------|

(free for active-duty military and vets; others welcome with donation\* as space available)

## WORKSHOPS

|   |              |
|---|--------------|
| <b>BEGINNER YOGA</b>                        | Laurie       |
| Saturday, February 25 (no sign-up required) | 12 noon-2 pm |

**AND MANY MORE TO COME—STAY TUNED!**

\*Proceeds benefit Semper Fidelis Health and Wellness; no class cards/passes, please

EFFECTIVE JAN 2, 2012  
(SUBJECT TO CHANGE)

Whole Yoga Healthcare  
1202 Annapolis Road • 2nd Floor • Odenton, MD 21113

**QUESTIONS?** LaurieHR@wholechiro.com • 410.305.1331 • www.WholeYoga.net



www.Facebook.com/WholeYogaHealthcare • www.Twitter.com/WholeYoga