



Fall Schedule

healthcare

REGULAR CLASSES

\$10 each; multi-class discounts available

MONDAY

6:15-7:15 pm	Gentle (All Levels) Flow	Yewande
7:30-8:30 pm	YRG Yoga for Weight Loss/Strength	Art

TUESDAY

4:30-5:45 pm	Restorative Yoga	Laurie
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WEDNESDAY

6:00-7:00 pm	Gentle (All Levels) Flow	Yewande
7:30-8:30 pm	Mat Pilates (Beginner-Intermediate)	Laurie

THURSDAY

6:00-7:00 pm	Beginner-Friendly Flow	Kathryn
7:30-8:30 pm	Dr. T's Core Yoga	Laurie

FRIDAY

9:00-10:15 am	Gentle (All Levels) Flow with Pranayama	Su
10:30-11:30 am	Pilates With Props (Beginner-Intermediate)	Su
4:30-5:45 pm	Kundalini Yoga	Wendy

SATURDAY

9:00-10:00 am	Mat Pilates (Beginner-Intermediate)	Laurie
10:15-11:30 pm	Restorative Yoga	Art

WORKSHOPS

BEGINNER YOGA BASICS Laurie	
First Tuesday of every month (\$18, everyone welcome)	6-8 pm

CHECK WWW.WHOLEYOGA.NET FOR ADDITIONAL WORKSHOPS!

SEPTEMBER-DECEMBER 2010
(SUBJECT TO CHANGE)

Whole Yoga Healthcare

1202 Annapolis Road • 2nd Floor • Odenton, MD 21113

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