

# Yoga Schedule

## 2010

### Classes, Days, Instructor and Times

**YOGA PRIMARY** (See website for dates and details)  
**Monday evenings (Helen)** 5:30pm-6:45pm  
**Saturday mornings (Various)** 11:45am-1:00pm  
**Thursday Evenings (Alecia / Jeri)** 5:45pm-6:45pm  
*Note: New students begin here, 3 and 6 week sessions*

**YOGA I FUNDAMENTALS**  
**Monday evenings (Helen)** 7:00pm-8:15pm  
**Wednesday evenings (Various)** 6:30pm-8:00pm  
**Thursday evenings (Alecia) with Yoga II** 7:00pm-8:30pm  
**Wednesday mornings (Helen)** 9:30am-11:00am  
*Note: New students may begin here, starts every 8 weeks*

**YOGA II TRANSITIONS**  
**Thursday evenings (Alecia) with Yoga I** 7:00pm-8:30pm  
**Wednesday evenings with Yoga I** 6:30pm-8:00pm

**YOGA II/III EXPLORATIONS**  
**Saturday mornings (Ally / Shawn)** 10:00am-11:30am

**VINYASA FLOW YOGA II/III**  
**Tuesday evenings (Lucy)** 7:00pm-8:30pm

**ENERGY YOGA II/III**  
**Tuesday mornings (Helen)** 9:00am-10:30am

**RISE AND SHINE YOGA I/II**  
**Wednesday mornings (Various)** 6:30am-7:30am  
*Note: By registration only, not offered in summer*

**RESTORATIVE YOGA**  
**Monday afternoons (Helen)** 1:30pm-3:00pm

**PREGNANCY YOGA**  
**Thursday mornings (Shawn)** 10:40am-11:55am  
*Note: By registration only, no experience necessary*

**PRIVATE CLASSES** Call for appointment

*\*See website or call for latest updates*

**santosha**  
school of yoga ™

532 Baltimore Blvd., Suite 302, Westminster, MD 21157  
**410-857-0890** or **877-347-7119**  
[www.santoshaschool.com](http://www.santoshaschool.com)

## Yoga for Everybody

Health • Vitality • Stress Reduction • Improve Balance  
Relieve Back Tension • Strengthen and Stretch  
Individual Attention • Experienced-Certified Instructors



Please recycle this brochure (*after you are through with it*) by **giving it away** to someone else who may be interested in yoga. We care about our environment, **please recycle!**