

Yoga Space Fall Classes: Sept. 14 - Dec. 20, 2015

NO Classes Thanksgiving Week

For more details visit our web site www.yoga-space.org or find us on [Facebook.com](https://www.facebook.com/yogaspace)

Monday

Hatha Yoga	Mixed Level	9:00 - 10:30 am	Douglas Thompson
Senior Yoga (65 and up)*	Beginners & Gentle	11:00 - Noon	Douglas Thompson
Hatha/VinyasaYoga	Beg./Mixed level	6:30 - 8:00 pm	Julia Gaspar-Bates

Tuesday

TBA

TBA

TBA

Wednesday

Hatha Yoga	Continuing	7:00 - 8:30 pm	Douglas Thompson
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Thursday

Pilates	Mat I	6:15 - 7:15 pm	Douglas Thompson
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Friday

Yogalates	Mixed Level	10:00 - 11:30 am	Douglas Thompson
Hatha Yoga	Beginners & Gentle	7:00 - 8:30 pm	Douglas Thompson

Saturday

Pilates	Mat I/II	7:45 - 8:45 am	Douglas Thompson
Pilates	Mat II	9:00 - 10:00 am	Douglas Thompson

Sunday

Hatha Yoga	Continuing	9:00 - 10:30 am	Douglas Thompson
Hatha Yoga	Beginners & Gentle	11:00 - 12:30 pm	Douglas Thompson
Prenatal Yoga**	Mixed Level	2:00 - 3:30 pm	Douglas Thompson
Adaptive Yoga for MS***	Mixed Level	4:00 - 5:30 pm	Douglas Thompson

Fees, Registration and Policies:

The cost is **\$130 for the 13 week Fall, 2015** session. Drop-in students are welcome (space permitting) at \$15 per class.

- * Senior Yoga is offered for adults 65 years or older. The charge is **\$65** for the 13 week Fall session. **Please check with your health care provider before signing up for this class.**
- ** You must check with your physician before signing up for the Prenatal Yoga class.
- *** Participants must be ambulatory and be able to transfer from chair to floor.

Please CALL 301.699.5440 prior to registering for ADAPTIVE YOGA FOR MS or PRENATAL YOGA.

**Monthly Meditation held on the last Sunday of each month (except December.)
There is no fee but \$ donations for St Jeromes Cafe will be accepted.**