

Summer Yoga Schedule 2017



At Whimsy, 686 Worcester Rd., Framingham, MA 01702

Monday

Adult Yoga: July 10th – August 21st

6:00pm – 7:15pm Gentle/Restorative Yoga

Fee \$105 / 7wks / Session can be prorated at \$18 per class prepaid / Drop in \$20

Early Registration Fee \$90 must be received by June 19th

Wednesday

Adult Yoga: July 12th – August 23rd

9:15am – 10:30am Gentle

6:00pm – 7:15pm Gentle/All-level Yoga

7:30pm – 8:45pm All-level Yoga

Fee \$105 / 7wks / Session can be prorated at \$18 per class prepaid / Drop in \$20

Early Registration Fee \$90 must be received by June 19th

Thursday

Explore Restorative Yoga / Yoga Nidra through the Chakra's: June 28th

9:15am – 10:45am or 7:30pm – 9:00pm

Fee per class \$20 / \$15 for students enrolled in the summer program / RSVP ONLY!!!!

Prenatal Yoga: July 13th – August 17th

6:00pm – 7:15pm Fee \$90 / 6 wks / Session can be prorated at \$18 per class prepaid / Drop in \$25

Early Registration Fee \$84 must be received by June 19th

Restorative Yoga / Yoga Nidra: July 20th

7:30pm – 9:00pm

Fee per class \$20 / \$15 for students enrolled in the summer program / RSVP ONLY!!!!

Beginner Yoga: July 27th – August 17th

7:30pm – 8:45pm Fee \$60 / 4wks

We will resume a full schedule of adult and children's classes September 11th 2017!

Coming this Fall...

Teacher Training Workshop: 'Teaching Gentle Yoga the Restorative Practices' 25hrs

October 21st – 22nd & October 28th – 29th

For more information contact Sandra!

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