

Fall Yoga Schedule 2017



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

Monday

Adult Yoga: September 11th – December 18th (No Class 10/9)

9:15am – 10:30am Gentle Yoga

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

7:30pm – 8:45pm All Level Yoga

Fee \$196 / 14wks / Early Bird \$182 *Payment must be received by 8/26

Wednesday

Adult Yoga: September 13th – December 13th (No Class 11/22)

9:15am – 10:30am All-level/Gentle Yoga

6:00pm – 7:15pm Gentle Yoga

7:30pm – 8:45pm All-level Yoga

Fee \$182 / 13wks / Early Bird \$169 *Payment must be received by 8/26

Friday

Adult Yoga: September 15th – December 15th (No Class 11/24)

9:15am – 10:30am Gentle Yoga

Fee \$182 / 13wks / Early Bird \$169 *Payment must be received by 8/26

Specialty Classes **YogaFun for Kids: Ages 5 – 12 yrs.**

Monday 4:00pm – 5:00pm September 25th – December 11th (No Class 10/9 & 10/23)

Fee \$160 / 10wks / Early Bird \$150 *Payment must be received by 9/1

Prenatal Yoga

Sunday 9:30am – 10:45am September 17th – December 17th (No Class 10/8, 11/12 & 11/26)

Fee \$165 / 11wks / Early Bird \$155 *Payment must be received by 9/1

Note: Prenatal Yoga can be prorated at \$18 per class prepaid / Drop in \$25

Beginner Yoga: October 5th – December 14th (No Class 11/23)

Thursday 6:00pm – 7:00pm **Fee \$160 / 10wks / Early Bird \$150 *Payment must be received by 9/1**

Restorative Yoga / Yoga Nidra: RSVP ONLY!!!!

September 14th, 28th, October 12th, 26th, November 9th, 30th, December 14th

Thursday 7:30pm – 9:00pm **Fee per class \$20 / \$15 for currently enrolled students**

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

November 3rd 6pm-9pm, November 4th 9am-4pm, November 5th Noon – 5pm

Fee \$275 / Early Bird \$250 *Payment must be received by 9/22 (Offers 15 Contact Hours with Yoga Alliance)

For more information visit us at www.theyogaleaf.com

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