

Fall Yoga Schedule 2018



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

Visit: www.theyogaleaf.com Call: 508-277-8989 Or Email sandra@theyogaleaf.com

Monday September 17th – December 17th - (No Class 10/8)

9:15am – 10:30am Gentle - *with Sandra*
4:30pm – 5:45pm Gentle/Restorative – *with Sandra*
6:00pm – 7:15pm Gentle - *with Sandra*
7:30pm – 8:45pm All Level - *with Sandra*

Fee \$182 / 13wks / *Early Bird \$172 *Payment must be received by 9/1

Wednesday September 19th – December 19th - (No Class 11/21)

9:15am – 10:30am All-level - *with Sandra*
10:45am – Noon Gentle – *with Sandra*
6:00pm – 7:15pm Gentle - *with Eileen*
7:30pm – 8:45pm All-level - *with Eileen*

Fee \$182 / 13wks / *Early Bird \$172 *Payment must be received by 9/1

Friday September 21st – December 14th - (No Class 11/23)

9:15am – 10:30am Gentle Yoga - *with Sarah*

Fee \$168 / 12wks / *Early Bird \$158 *Payment must be received by 9/1

Specialty Classes & Workshops

Prenatal Yoga: Sunday 9:30am – 10:45am

September 16th – December 9th *with Eileen* (No Class 10/7, 11/11, 11/25)

Fee \$144 / 9wks / *Early Bird \$135 *Payment must be received by 9/1

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

Restorative Yoga / Yoga Nidra *with Sandra* RSVP ONLY!!!!

September 20th, October 4th, November 1st, December 6th

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

Teacher Training Workshop: “Teaching Gentle yoga & the Restorative Practices” *with Sandra*

October 26th 6pm – 9pm, October 27th 9am – 4pm, October 28th Noon – 5pm

Fee \$275 / *Early Bird \$250 *Payment must be received by 9/1 (*Offers 15 Contact Hours with Yoga Alliance*)

More Offerings: [YOGAREST FOR CHILDREN](http://www.yogarestforchildren.com) (Relaxation Stories for Children)...www.yogarestforchildren.com



Coming 2019...

New Year Retreat:

*‘Yoga & the Chakra’s Day
Retreat’*

January 12th

...details to follow!!!

Teacher Training

Workshops:

*‘Teaching Gentle Yoga &
the Restorative Practices’*

March 22nd – 24th

...details to follow!!!

‘Teaching Yoga

& the Chakra’s!’

DTBA