

# Fall Yoga Schedule 2019



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

Visit: [www.theyogaleaf.com](http://www.theyogaleaf.com) Call: 508-277-8989 Or Email [sandra@theyogaleaf.com](mailto:sandra@theyogaleaf.com)

## Monday September 16th - December 16th (No Class 10/14 & 10/21)

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

Fee \$180 / 12wks / \*Early Bird \$168 \*Payment must be received by 9/1

## Wednesday September 18th - December 18th

9:15am - 10:30am All-level Yoga - with Sandra (No Class 10/16 & 11/27)  
10:45am - Noon Gentle Yoga - with Sandra (No Class 10/16 & 11/27)  
6:00pm - 7:15pm Gentle Yoga - with Eileen (No Class 11/27 & 12/18)

Fee \$180/ 12wks / \*Early Bird \$168 \*Payment must be received by 9/1

### \*NEW 'All Level' CLASS with Eileen

Wednesday 7:30pm - 8:45pm **September 18th - December 11th**  
**SPECIAL NEW CLASS FEE \$120/ 12wks** (No Class 11/27)

## Friday October 4th - December 13th (No Class 11/29)

9:15am - 10:30am All Level Yoga - with Sarah

Fee \$150 / 10wks / \*Early Bird \$140 \*Payment must be received by 9/1

## Specialty Classes & Workshops

### PRENATAL YOGA September 19th - December 12th

Thursday 6:00pm - 7:15pm - with Eileen (No Class 10/31 & 11/28)

Fee \$165 / 11wks / \*Early Bird \$154 \*Payment must be received by 9/1

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

October 3rd, November 7th, December 5th 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

November 8th 6pm-9pm, November 9th 9am-4pm, November 10th 10am-3pm

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

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

**'Patanjali's Eight  
Limbed Path of Yoga  
Day Retreat'**  
...with Sandra

*Bring meaning and  
purpose to your yoga  
practice...join me for a  
day of yoga, walks, in-  
depth breath work and  
meditation!*

**September 28th 2019**

**9:30am - 4:30pm**

at

Unity Farm Sanctuary,  
Sherborn

Fee \$75

Offers 7 contact hours with  
Yoga Alliance!

*(Bring a bagged lunch...tea,  
coffee & snacks will be  
provided!)*