

# Spring Yoga Schedule 2018



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

[www.theyogaleaf.com](http://www.theyogaleaf.com)

## Monday

**Adult Yoga: April 2<sup>nd</sup> – June 25<sup>th</sup>** with Sandra (No Class 4/16 & 5/28)

9:15am – 10:30am Gentle

6:00pm – 7:15pm Gentle/Restorative

7:30pm – 8:45pm All Level/Gentle

Fee \$154 / 11wks / Early Bird \$143 \*Payment must be received by 3/18

## Wednesday

**Adult Yoga: April 4<sup>th</sup> – June 27<sup>th</sup>** with Sandra (No Class 4/18)

9:15am – 10:30am All-level/Gentle

6:00pm – 7:15pm Gentle

7:30pm – 8:45pm All-level/Gentle

Fee \$168 / 12wks / Early Bird \$156 \*Payment must be received by 3/18

## Friday

**Adult Yoga: April 6<sup>th</sup> – June 15<sup>th</sup>** with Sarah (No Class 4/20)

9:15am – 10:30am Gentle Yoga

Fee \$140 / 10wks / Early Bird \$130 \*Payment must be received by 3/18

## Specialty Classes & Workshops

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

**April 8<sup>th</sup> – June 24<sup>th</sup>** with Eileen (No Class 4/15, 5/13, 5/27, 6/17)

Fee \$120 / 8wks / Early Bird \$115 \*Payment must be received by 3/18

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

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

March 29<sup>th</sup>, April 26<sup>th</sup>, May 10<sup>th</sup>, May 24<sup>th</sup>, June 7<sup>th</sup>, June 21<sup>st</sup>

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

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

## YOGAREST FOR CHILDREN (Relaxation Stories for Children)



[www.yogarestforchildren.com](http://www.yogarestforchildren.com)