

Summer Yoga Schedule 2018



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

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

Monday

Adult Yoga: July 9th – August 20th *with Sandra*

9:15am – 10:30am Gentle

6:00pm – 7:15pm Gentle/Restorative

Wednesday

Adult Yoga: July 11th – August 22nd *with Sandra*

9:15am – 10:30am All-level/Gentle

6:00pm – 7:15pm Gentle

7:30pm – 8:45pm All-level/Gentle

Thursday

Adult Yoga: July 12th – August 23rd *with Eileen*

7:30pm – 8:45pm Gentle/All-level

Fee for the above classes: \$105 / 7wks / Early Bird \$98 *Payment must be received by June 22nd

Flexible summer enrollment is also available:

Choose your class, time and date and prorate those classes at \$16 per class, prepaid only!

**This option guarantees you a space!*

Drop In Rate: \$20 (If space is available, always call ahead!)

Prenatal Yoga: Thursday 6:00pm – 7:15pm, July 12th – August 23rd *with Eileen*

Fee \$112 / 7wks / Early Bird \$105 *Payment must be received by June 22nd

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

Please Note:

Monday 7:30pm, Friday 9:15am, Restorative Yoga and Teacher Trainings will return in the Fall!

YOGAREST FOR CHILDREN (Relaxation Stories for Children)



www.yogarestforchildren.com