

Summer Yoga Schedule 2019



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

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

Monday

Adult Yoga: July 8th – August 26th

6:00pm – 7:15pm Gentle - *with Sandra*

7:30pm - 8:45pm All Level - *with Sandra*

Wednesday

Adult Yoga: July 10th – August 28th

9:15am – 10:30am All-level - *with Sandra* (no class August 21st)

10:45am – Noon Gentle - *with Sandra* (no class August 21st)

6:00pm – 7:15pm Gentle - *with Eileen*

Prenatal Yoga: Thursday 6:00pm – 7:15pm, July 11th – August 29th *with Eileen*

Fee for the above classes with the exception of Wednesday morning classes:

\$120 / 8weeks / *Early Bird \$112 (*must be received by June 26th)

****Wednesday morning classes: \$105 / 7weeks / *Early Bird \$98 (*must be received by June 26th)**

Flexible summer enrollment is also available:

Choose your class, time and date and prorate those classes at \$18 per class, prepaid only!

**This option guarantees you a space!*

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

Please Note:

We will return in the fall with a full schedule of classes, Restoratives, Teacher Trainings & Retreats!

YOGAREST FOR CHILDREN (Relaxation Stories for Children)



www.yogarestforchildren.com