

# Winter Yoga Schedule 2018



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

**Monday**                      **Adult Yoga: January 8<sup>th</sup> – March 26<sup>th</sup>** *with Sandra (No Class 1/15 & 2/19)*  
9:15am – 10:30am Gentle  
6:00pm – 7:15pm Gentle/Restorative  
7:30pm – 8:45pm All Level/Gentle  
**Fee \$140 / 10wks / Early Bird \$130 \*Payment must be received by 12/18/2017**

**Wednesday**                      **Adult Yoga: January 10<sup>th</sup> – March 28<sup>th</sup>** *with Sandra (No Class 2/21)*  
9:15am – 10:30am All-level/Gentle  
6:00pm – 7:15pm Gentle  
7:30pm – 8:45pm All-level/Gentle  
**Fee \$154 / 11wks / Early Bird \$143 \*Payment must be received by 12/18/2017**

**Thursday**                      **Adult Yoga: January 11<sup>th</sup> – March 29<sup>th</sup>** *with Julie (No Class 2/22)*  
6:00pm – 7:00pm Gentle  
**Fee \$143 / 11wks / Early Bird \$132 \*Payment must be received by 12/18/2017**  
**SPECIAL OFFER FEE \$110 FOR NEW STUDENTS TO THE YOGA LEAF....this class only!!!**

**Friday**                      **Adult Yoga: January 12<sup>th</sup> – March 23<sup>rd</sup>** *with Sarah (No Class 2/16 & 2/23)*  
9:15am – 10:30am Gentle Yoga  
**Fee \$126 / 9wks / Early Bird \$117 \*Payment must be received by 12/18/2017**

## Specialty Classes & Workshops

**Prenatal Yoga: Sunday 9:30am – 10:45am / January 21<sup>st</sup> – March 25<sup>th</sup>** *with Eileen (No Class 2/18)*  
**Fee \$144 / 9wks / Early Bird \$135 \*Payment must be received by 12/18/2017**  
Note: Prenatal Yoga can be prorated at \$18 per class prepaid / Drop in \$25

**Restorative Yoga / Yoga Nidra** *with Sandra* **RSVP ONLY!!!!**  
November 30<sup>th</sup>, December 14<sup>th</sup>, January 11<sup>th</sup> & 25<sup>th</sup>, February 8<sup>th</sup>, March 1<sup>st</sup> & 15<sup>th</sup>  
Thursday 7:30pm – 9:00pm **Fee per class \$20 / \$15 for currently enrolled students**

**‘Teaching Gentle & Restorative Yoga’ - Mentoring for Yoga Teachers** *with Sandra*  
For graduates of “Teaching Gentle Yoga & the Restorative Practices” to help refine your skills and replenish your energy!  
February 2<sup>nd</sup>, 6:30pm – 9:30pm / Fee \$35 \*Preregistration is required

**Teacher Training Workshop: ‘Teaching Gentle Yoga & the Restorative Practices’** *with Sandra*  
March 2<sup>nd</sup>, 6pm-9pm, March 3<sup>rd</sup>, 9am-4pm, March 4<sup>th</sup>, Noon – 5pm  
**Fee \$275 / Early Bird \$250 \*Payment must be received by 1/5/2018 (Offers 15 Contact Hours with Yoga Alliance)**

For more information visit us at [www.theyogaleaf.com](http://www.theyogaleaf.com)  
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