

Winter Yoga Schedule 2019



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

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

Monday January 7th – March 25th - (No Class 1/21 & 2/18)

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

Fee \$140 / 10wks / *Early Bird \$130 *Payment must be received by 12/15

Wednesday January 9th – March 27th - (No Class 2/20)

9:15am – 10:30am All-level - with Sandra
10:45am – Noon Gentle – with Sandra
6:00pm – 7:15pm Gentle - with Eileen
7:30pm – 8:45pm All-level - with Eileen

Fee \$154 / 11wks / *Early Bird \$143 *Payment must be received by 12/15

Friday January 11th – March 29th - (No Class 2/22)

9:15am – 10:30am Gentle Yoga - with Sarah

Fee \$154 / 11wks / *Early Bird \$143 *Payment must be received by 12/15

Specialty Classes & Workshops

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

January 10th, February 7th & March 7th

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

Prenatal Yoga: Please note that we are not offering a prenatal yoga class for the winter session, but prenatal yoga students are welcome to attend our gentle yoga classes with Eileen or Sandra, who are trained in prenatal yoga!

Teacher Training Workshop:

“Teaching Gentle yoga & the Restorative Practices” with Sandra

March 29th 6pm–9pm, March 30th 9am–4pm, March 31st 10am–3pm

Fee \$275 / *Early Bird \$250 *Payment must be received by 1/21 (*Offers 15 Contact Hours with Yoga Alliance*)

More Offerings: **YOGAREST FOR CHILDREN** (Relaxation Stories for Children)...www.yogarestforchildren.com



**‘Yoga & the Chakra’s
Day Retreat’
...with Sandra**

*Kick off the New Year by
restoring and replenishing
your energy! Together we
will explore the chakra’s
through gentle yoga,
meditation, yoga nidra and
chakra chanting!!*

January 12th 2019

9:30am – 4:30pm

at

**Unity Farm Sanctuary,
Sherborn**

Fee \$75 (Includes lunch)