

Class Pricing

Yoga class - 1 1/2 hour
\$18 per class for series
\$20 per class for drop in

Yoga class- 1 hour
\$16 per class for series
\$18 per class for drop in

Workshops
Varying prices– see syoga.com

Discounts

For students registered for a **full session**, additional classes per week are \$15

Students under 30 - 10 % off
Seniors over 65 - 10 % off
Couples/family - 10 % off

Only one discount at a time

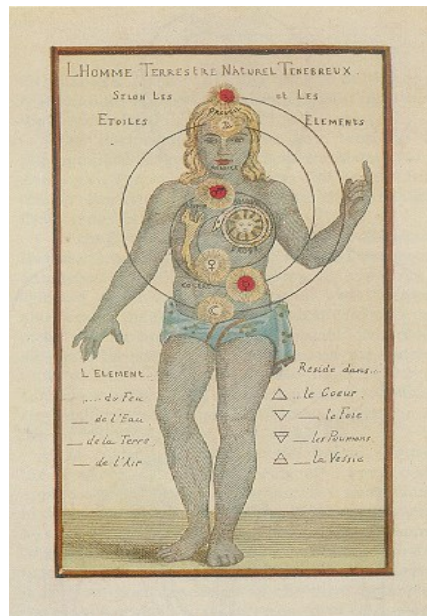
For additional policy and pricing
Information please visit our website
www.syoga.com/prices-policies/

What is Yoga?

Yoga is one of the most profound systems of philosophy, psychology and health in the world. The Yoga Sutras definition is “Yoga is the cessation of the fluctuations of the mind”.

Yoga harnesses the mind to the body to work in unison by emphasizing body alignment and paying attention. This brings self-awareness and a deep connection to the universe around you. Yoga builds strength, stamina, balance, flexibility and focus and can also bring a deep sense of spirituality and calmness.

Anyone can do yoga! You can start yoga at any age, ability or degree of health and receive the benefits of proper alignment, reduced stress and peace of mind.



Fall
Sept. 5—Dec. 18, 2017
15 weeks

12-A West Aylesbury Road
Timonium, MD 21093
syogastudio@gmail.com
410-308-9950

www.syoga.com

Fall Schedule of Classes

visit syoga.com for updates/changes

MONDAY		
9:15 - 10:45 am	Level 1- 2	Suzy
11:00 - 3:00 pm	Privates	various
6:00 - 7:30 pm	Level 2	Jann
TUESDAY		
9:15 - 10:45 am	Level Level I- Intro	Suzy
11:00 - 4:00 pm	Privates	various
6:00 - 7:30 pm	Level I	Jann
7:45 - 9:15 pm	Level 1-2	Jann
WEDNESDAY		
9:00 - 10:20 am	Gentle / 55+	Robyn
6:00 - 7:30 pm	Level 1-2	Suzy
THURSDAY		
8:30- 10:00 am	Rise & Shine— all level	Lois
*11:30-12:45 pm	Back Care—all level	Robyn
6:00 - 7:30 pm	Level 2-3	Suzy
7:45 - 9:15 pm	Level 1-2	Robyn
FRIDAY		
9:15 - 10:15 am	Gentle/All level	Suzy
11:00-1:00 pm	Privates	
*1:00-2:15 pm	Pranayama –Level 1	Robyn
SATURDAY		
8:30 - 10:00 am	Level 1 –2	Robyn
10:15 - 11:45 am	Level 2	Robyn
SUNDAY		
8:30 - 10:00 am	Rise & Shine— all level	Lois
10:05 - 11:05 am	Mindful Meditation	Bernie
11:15 - 1:00 pm	Tibetan Meditation	Bernie
4:30 - 6:00 pm	All Level Class	TBA

Workshops and Events

Short Courses

*Back Care— Robyn— 4 Thursdays 11:30– 12:15 pm:
Nov 16, Nov 30, Dec 7, Dec 14.
\$72 for all 4 classes or \$20 Drop-in

*Pranayama— Robyn— 3 Fridays 1:00-2:15pm:
Sept 22, Nov 17, Dec 15. \$20 per class

September

Tues Sept 5— Fall classes begin

Sun Sept 24— Hip and Shoulder Freedom— Robyn,
10:00– 12:00 noon, \$40

October

Sat and Sun Oct 7 & 8— Bobby Clennell
Sat am— Standing
pm— Forward Bends and Twists
Sun am— Ropes (w backbends)
pm— Pranayama

See flyer for details or www.syoga.com/workshops

November

Sun Nov 12— Wrist and Hands Workshop
Jann, 1:00 –3:00 pm, \$40

Closed for Thanksgiving.

December

Sun Dec 10—Holiday Prep- Restoratives, Pranayama & Yoga Nidra— Suzy & Betty, 1:00-4:00 pm. \$60

Classes end Monday Dec 18. There will be intersession classes until the winter session begins on January 2, 2018

In case of Inclement weather, please call the studio at 410-308-9950 or visit the syoga.com/schedule to verify that class is still running as normally scheduled. We will make a decision at least one hour before class. We also post the cancellations on the website schedule www.syoga.com

Private Instruction is available by appointment on most days between 11– 4 pm. Please email for more information or to schedule an appointment. Packages of private/semi– private sessions are available.