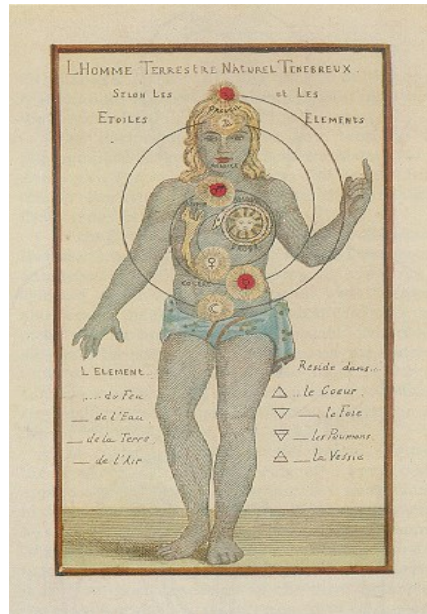


What is Yoga?

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.



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/



Winter
January 2 to April 9, 2018
14 weeks

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

www.syoga.com

Winter Schedule of Classes

January 2 to April 9 - 14 Weeks

MONDAY

9:15 - 10:45 am	Level 1- 2	Suzy
11:00 - 3:00 pm	Privates	various
6:00 - 7:30 pm	Level 1-2	Suzy

TUESDAY

9:15 - 10:45 am	Level 1	Lois
11:00 - 4:00 pm	Privates	various
6:00 - 7:30 pm	Level I	Lois

WEDNESDAY

9:00 - 10:20 am	Gentle / 55+	Robyn
6:00 - 7:30 pm	Level 1-2	Suzy

THURSDAY

9:45- 11:15 am	Level 2/3	Amy NEW!
*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 –all level	Robyn

SATURDAY

8:30 - 10:00 am	Level 1	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

Workshops and Events

February

Feb 25– Sunday– Backcare Workshop w Robyn, 12:30—3:00 pm, \$50

March

March 25– Sunday– Ropes! W Suzy 1:00—4:00 pm, \$60

Short Courses

- Back Care– all level - Robyn
Thursdays 11:30-12:45 pm
Jan. 11, Jan, 18, Jan. 25
\$60 for 3 classes or \$25 for each
- Pranayama– all level– Robyn
Fridays 1:00—2:15 pm
Jan 12, Feb 9, March 9
\$60 for 3 classes or \$25 for each

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.