

CLASS SCHEDULE

This schedule is subject to change; please call to confirm any class before attending.

PRE- REGISTER			
Foundation of Yoga	Tuesdays	7:00 - 8:30 pm	4 week course plus free Introductory lecture
Shanti Marga	various	7:00 - 8:30 pm	Beginner's through Advanced Levels
Water Yoga	Mondays ¹ Thursdays	6:30 – 8:00 pm 11:30am – 1:00	Classical yoga in a warm pool Call to confirm day and time
OPEN CLASSES			
	Mon, Wed, Fri Mon Wednesday ¹ Thurs ¹	12:30 – 1:30 pm 6:00 --- 7.00 pm call to confirm 7:00 – 8:30 pm	Sivananda Routine Gentle Yoga for joints, glands, metabolism See women's section Sivananda Intermediate, calming, meditative
All-Levels Open class	Saturdays Tues, Thurs ²	9:00 – 11:00 am 12:15 – 1:30 pm	Hatha Yoga - All levels, incl. spiritual teaching Lunchtime yoga, Downtown Washington DC
WOMEN			
Prenatal & Mom/Baby Yoga for PMS Hypnobirthing Ayurveda for Pregnancy	Monday/Friday Wednesday Sundays varies	As scheduled 6:00 – 7:00 pm as scheduled as scheduled	Call for information: 312-593-6904 Call to register Childbirth Education, Pre-registration required With free introductory lecture
CHILDREN			
Girls Yoga Kinder Girls Yoga Boys Yoga Tiny Tots	Fridays Saturdays Wednesdays	5:00 – 6:00 pm 1:00 – 2:00 pm 4:30 – 5:30 pm	8-14 yrs: Asanas, Theory, Relaxation, Games 5-8 yrs: Asanas, Values, Relaxation, Games 7-10 yrs: Asanas, Values, Relaxation, Games <i>E-mail to register: durga_devi@earthlink.net</i>
SATSANG			
Morning Sadhana Meditation for World Peace Followed by: Spiritual Film	Tues–Fri & Sunday & 1st Sat /month Saturdays	5:30 a.m.-8:30 a.m. 6:00 - 7:30 pm	Agnihotra, Inter-faith Prayers, Meditation, Spiritual Readings and Discussion Meditation, Inter-faith Prayers, Songs, Aarti

<i>30 Day Pass</i>	\$60.00 for any open yoga classes within 30 calendar days
<i>Yoga Foundation Course</i>	\$80 for 6 week course <i>includes CD and text book for home practice</i> (1st class free) and unlimited repeating of classes for no extra charge; <i>call for next starting date</i>
<i>Shanti Marga</i>	\$150/12 week course includes Hatha Yoga classes
<i>Open Classes</i>	<i>1 ½ hr classes:</i> \$40/month for 1x/wk; drop-in \$12/class <i>1 hour class:</i> \$32/month for 1x/wk, \$48 for 2/wk or \$56/3x; drop-in \$10/class <i>2 hour class:</i> \$48/mo; drop-in \$15/class (Saturday morning)
<i>New York Ave Pres. Church</i>	\$24 for 1x per week; \$48 for 2x per week \$72 for 10 classes
<i>Prenatal Yoga Water Yoga HypnoBirthing Children's Yoga</i>	\$108 / 8 classes or \$15/class \$90 / 6 class week session or \$18/class \$225 / couple 5 week session; materials included; private classes available \$10/ class pre-registered; \$12 drop-in
<i>Private class/consultation</i>	\$40 hour up to four people
<i>Satsang</i>	NO CHARGE

Shanti Marga – Yoga as a Way of Life
HypnoBirthing – Natural Childbirth preparation
WORK STUDY to reduce the class fee, available on an individual basis.

KEY:

1. 4209 East-West Highway- next door across the bridge from 4217 East-West Hwy, Bethesda
 2. N.Y. Ave Presbyterian Church - New York Ave. & 13th St., Washington DC
- And:* Georgetown University Yates Field House Wash DC; Tues/Thurs/Sat (for students, faculty & members)

SHANTI YOGA CENTER FOR HARMONY
4217-4209 East-West Highway, Bethesda, MD 20814

301-654-6759 shantiyoga@schooloflife.org

WWW.SCHOOLOFLIFE.ORG