



Fall 2014

Mini series

Check www.circleyoga.com for course descriptions, fees and policies.

Yoga for Neck & Shoulders

Sept. 10 to Oct. 22
(no class Oct 1.)
Wed 8:30-9:45 am
(Mercedes)

Intro to Yoga

Sept. 11 to Oct. 23
(no class Sept. 25)
Thu 6:15-7:15 pm
(Linda)

Post Natal Series 1

Sept. 16 to Oct. 21
Tue 11:45 am-12:45 pm
(Krista)

Mindful Relationships

Sept. 16 to Oct. 14
Tue 7:30-8:45 pm
(Annie)

Mindfulness for Teens

Oct. 5 to Nov. 9
Sun 6:30-7:45 pm
(Mick)

Post Natal Series 2

Oct. 28 to Dec. 2
Tue 11:45 am-12:45 pm
(Krista)

Stretch & Strengthen the Lower Back

Oct. 29 to Dec. 3
Wed 8:30-9:45 am
(Mercedes)

Shake Your Soul

Nov. 3 to Nov. 24
Mon 8:00 am-9:15 am
(Mora)



About Circle Yoga

All of our class offerings are rooted in the practice of mindfulness, encouraging students to cultivate awareness both on and off the mat.

Registration information + fees

Registration fee is \$252 (\$18 per class) for the 14-week session, which runs Sept. 8 to Dec. 14, 2014. Registration fee is prorated after the first week. **Practice more, save more this fall:** Enroll by Sept. 14 to pay \$16 per class when you enroll in two classes and \$14 per class when you enroll in three or more classes. Drop-ins are welcome, space permitting at \$21 per class. Make up missed classes before the end of the session in any level-appropriate class, space permitting. For more information, visit www.circleyoga.com.

Circle Yoga Cooperative

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New to Circle Yoga?
Try any three classes for only \$33!

Monday

Yoga Level 1
9:00–10:15 am
(Debbie)

Super Gentle Yoga
10:00–11:00 am
(Annette)

Flow Level 1–2
10:30–11:45 am
(Rebecca B.)

Intermediate Pilates
11:15 am–12:15 pm
(Annette)

Yoga Level 1
12:00–1:00 pm
(Linda)

Gentle Yoga
6:15–7:15 pm
(Karen)

Yoga Level 1–2
6:15–7:30 pm
(Eduardo G.)

Mindfulness Meditation
7:00–8:30 pm
Donation requested

Yoga Level 1
7:30–8:45 pm
(Linda)

Tuesday

Yoga Level 1–2
7:00–8:00 am
(Jennifer P.)

Yoga Level 1
8:30–9:45 am
(Mercedes)

Yoga Level 2
9:00–10:15 am
(Jill)

Gentle Yoga
10:00–11:15 am
(Mercedes)

Yoga Level 1–2
10:30–11:45 am
(Jill)

Active Isolated Stretching (AIS)
12:00–1 pm
(Eduardo C.)

Flow Level 1–2
6:00–7:15 pm
(Jen Y.)

Intermediate Pilates
6:15–7:15 pm
(Annette)

Prenatal Yoga
6:30–7:45 pm
(Olimpia)

Basic Pilates
7:30–8:30 pm
(Annette)

Wednesday

Mindfulness Meditation
6:30–7:30 am
Donation requested

Flow Level 1–2
9:30–10:45 am
(Annette)

Yoga Level 1–2
10:00–11:15 am
(Anne K.)

Intermediate Pilates
11:00 am–12:00 pm
(Annette)

Relaxation & Yoga for Teens ●
Ages 12+
5:00–6:00 pm
(Cinema)

Gentle Yoga
5:30–6:45 pm
(Liz)

Yoga & Philosophy Level 1
6:30–7:45 pm
(Cinema)

Yoga Level 1–2
7:00–8:15 pm
(Rebecca B.)

Thursday

Yoga All Levels
7:00–8:00 am
(Bonnie)

Gentle Yoga
8:30–9:45 am
(Gretchen)

Intermediate Pilates
9:00–10:00 am
(Julie)

Yoga Level 1–2
9:00–10:00 am
(Linda)

Yoga Level 1
10:15–11:30 am
(Linda)

Super Gentle Yoga
10:30–11:45 am
(Debbie)

Intermediate Pilates
5:30–6:30 pm
(Julie)

Yoga Level 1–2
6:15–7:30 pm
(Eduardo G.)

Flow Level 2
7:00–8:00 pm
(Christina)

Slow Flow & Let Go
7:45–9:00 pm
(Amy Dara)

Yoga for Men
7:45–9:00 pm
(Wes)

Friday

Yoga & Meditation
8:30–9:30 am
(Mercedes)

Yoga Level 1–2
9:00–10:15 am
(Anne K.)

Flow Level 1–2
10:00–11:15 am
(Rebecca B.)

Yoga Level 1
10:30–11:45 am
(Anne K.)

Pilates All Levels
11:30–12:30 pm
(Julie)

Mindfulness Meditation
12:00–1:00 pm
Donation requested

Yoga Level 2
12:00–1:30 pm
(Doerthe)

Saturday

Flow Level 1–2
8:00–9:00 am
(Mercedes)

Yoga Level 2
8:15–9:45 am
(Kate)

Yoga Level 1–2
8:30–9:45 am
(Liz)

Yoga Level 1
9:15–10:30 am
(Mercedes)

Flow Level 2–3
10:00–11:15 am
(Christina)

Prenatal Yoga
10:45 am–12:00 pm
(Anne K.)

Gentle Yoga
11:00 am–12:15 pm
(Gretchen)

Community Class
12:30–1:30 pm
\$5+ donation

Teen Yoga ●
Ages 12 to 15
3:30–4:30 pm
(Wes)

Teen Yoga ●
Ages 15 to 18
4:30–5:30 pm
(Wes)

Sunday

Basic Pilates
9:00–10:00 am
(Julie)

Yoga Level 1
9:00–10:15 am
(Karen)

Yoga Level 2–3
10:00–11:30 am
(Carrie)

Yoga Level 1–2
10:30–11:45 am
(Karen)

Yoga for Women Cancer Survivors
12:00–1:00 pm
(Amy Dara)
\$10+ donation

Basic Pilates
3:00–4:00 pm
(Annette)

Intermediate Pilates
4:00–5:00 pm
(Annette)

Yoga for Runners & Cyclists
5:00–6:15 pm
(Laura)

Intermediate Pilates
5:15–6:15 pm
(Annette)

Yoga Level 1–2
5:30–6:45 pm
(Bonnie)

Kids & Family

Crawling to 24 mo. Toddler Yoga
With adult
Tue 9:45–10:30 am
(Rebecca G.)

Ages 2 to 4 Movers & Twisters
With adult
Tue 10:45–11:30 am
(Rebecca G.)
Fri 10:15–11:00 am
(Linda)
Sun 10:15–11:00 am
(Geneva)

Ages 5 to 8 Kids Yoga & Mindfulness
Fri 4:15–5:00 pm
(Linda)

Ages 5 to 10 Family Yoga
With adult
Sat 10:00–10:45 am
(Linda)

Ages 8 to 12 Pre-Teen Yoga & Mindfulness
Mon 5:00–5:45 pm
(Camille)
Sun 3:00–4:00 pm
(Marta)

Ages 9 to 12 Fitness Yoga for Kids
Wed 5:00–5:45 pm
(Linda)

Want to see more? Turn the page to view our Fall 2014 mini series



● Indicates Teen class