



Fall 2015

Mini series

Qigong

Session 1: Oct. 5–Nov. 9

No class Oct. 26

Session 2: Nov. 16–Dec. 7

Mon 12:30–1:30 pm

(Eduardo C.)

Intro to Yoga

Sept. 8–Oct. 6

No class Sept. 22

Tue 7:00–8:00 pm

(Linda)

Yoga Nidra

Oct. 13–Nov. 17

Tue 7:00–8:15 pm

(Gretchen)

Yoga for Low Back

Sept. 9–Oct. 21

Wed 8:30–9:45 am

Sept. 27–Nov. 1

Sun 4:00–5:15 pm

(Bonnie)

Yoga for Neck & Shoulders

Oct. 28–Dec. 9

Wed 8:30–9:45 am

(Bonnie)

Intro to Mindfulness for Adults

Oct. 4–25

Sun 5:15–6:15 pm

(Mick)

Mindfulness for Teens

Ages 14–18

Oct. 4–Nov. 22

Sun 6:30–7:45 pm

(Mick)

Intro to Mindfulness for Teens

Ages 14–18

Nov. 1–22

Sun 5:15–6:15 pm

(Mick)



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 fall session, which runs Sept. 7 to Dec. 13, 2015. Registration fee is prorated after the first week. Discounts apply if you register for more than one class the first full week of fall session: \$16 per class for the second registration and \$14 per class for each additional registration. Drop-ins are welcome, space permitting, at \$21 per class. You can make up any missed classes before the end of the session in any level-appropriate class, space permitting. For more information, visit www.circleyoga.com.

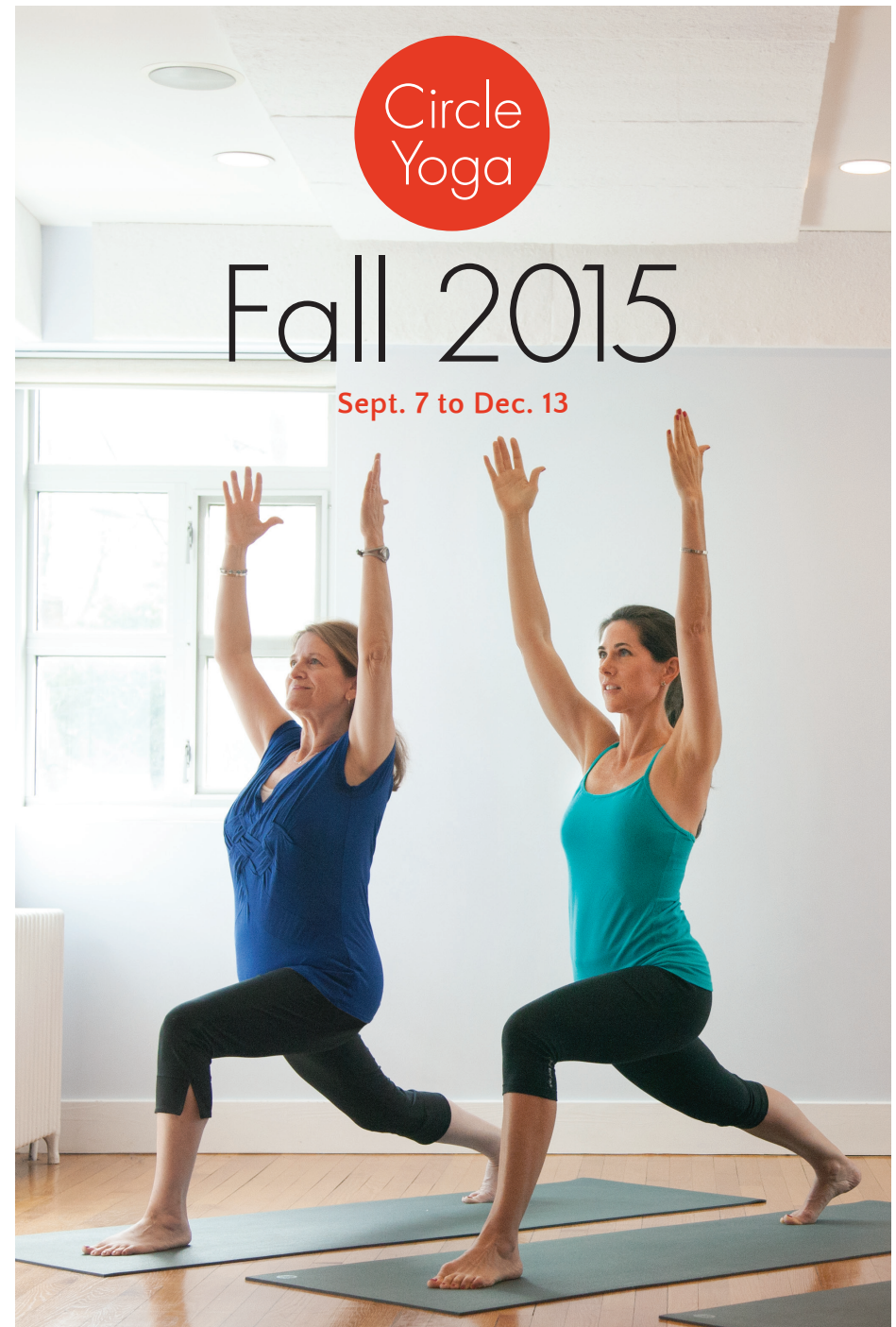
Circle Yoga Cooperative

3838 Northampton St., NW, Washington, DC 20015 • 202 686 1104 • www.circleyoga.com



Fall 2015

Sept. 7 to Dec. 13



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Fall 2015

Try something new this fall!
Turn the page for our mini series offerings



Monday

Yoga Level 1
9:00–10:15 am
(Debbie H.)

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

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

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

Yoga Level 1
12:00–1:00 pm
(Linda)

Gentle Yoga
6:15–7:15 pm
(Gayatri)

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

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

Yoga Level 1
7:45–9:00 pm
(Linda)

Tuesday

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

Yoga Level 1
8:30–9:45 am
(Bonnie)

Yoga Level 2
9:00–10:15 am
(Jill)

Gentle Yoga
10:15–11:30 am
(Mercedes)

Yoga Level 1–2
10:30–11:45 am
(Jill)

Yoga and Meditation
12:00–1:00 pm
(Mercedes)

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

Stretch, Strengthen & Align
7:00–8:15 pm
(Alex)

Basic Pilates
7:30–8:30 pm
(Julie)

Wednesday

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

Flow Level 1–2
9:30–10:45 am
(Sandy)

Yoga Level 1–2
10:00–11:15 am
(Anne)

Total Body Fitness
11:00 am–12:00 pm
(Krista)

Gentle Yoga
5:30–6:45 pm
(Liz)

Yoga and Philosophy Level 1–2
6:30–7:45 pm
(Cinema)

Yoga Level 1
6:30–7:45 pm
(Linda)

Yoga Level 1–2
7:00–8:15 pm
(Rebecca)

Thursday

Yoga All Levels
7:00–8:00 am
(Bonnie)

Gentle Yoga
9:00–10:15 am
(Gretchen)

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

Yoga Level 1
10:15–11:30 am
(Linda)

Flow Level 1–2
10:30–11:45 am
(Krista)

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

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

Prenatal Yoga
6:15–7:30 pm
(Elizabeth)

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

Total Body Fitness
9:00–10:00 am
(Krista)

Yoga Level 1–2
9:00–10:15 am
(Anne)

Flow Level 2
9:45–11:15 am
(Rebecca)

Yoga Level 1
10:30–11:45 am
(Anne)

Yoga Level 1–2
12:00–1:15 pm
(Rebecca)

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



Saturday

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

Stretch, Strengthen & Align
8:30–9:45 am
(Alex)

Yoga Level 1–2
8:30–9:45 am
(Liz)

Yoga Level 1
9:15–10:30 am
(Mercedes)

Flow Level 2
10:00–11:15 am
(Jennifer P.)

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

Prenatal Yoga
11:15 am–12:30 pm
(Anne)

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

Sunday

Basic Pilates
9:00–10:00 am
(Julie)

Yoga Level 1
9:00–10:15 am
(Debbie M.)

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

Yoga Level 1–2
10:30–11:45 am
(Debbie M.)

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

Basic Pilates
4:00–5:00 pm
(Julie)

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

Yoga Level 1–2
5:30–6:45 pm
(Bonnie)

Kids, Teens & Family

Ages 2 to 4 Movers & Twisters
With adult
Tue 10:45–11:30 am
(Camille)
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)
Wed 5:00–5:45 pm
(Linda)
Sun 3:00–4:00 pm
(Marta)

Ages 12 to 18 Relaxation and Yoga for Teens
Wed 5:00–6:00 pm
(Cinema)

Teen Yoga
Sat 4:00–5:00 pm
(Ashleigh)

Check out our teen mindfulness mini series on back cover

New to Circle Yoga?

Try any 3 classes for only \$33!