

Circle Yoga Kids

Winter 2017 classes for kids and families

Ages 2 to 4

Movers and Twisters

With adult

A: Jan 8–Feb 12

B: Feb 19–Mar 26

Sun 10:15–11:00 am

(Geneva)

Ages 3 to 6

Family Yoga

With adult

A: Jan 7–Feb 11

B: Feb 18–Mar 25

Sat 4:00–4:45 pm

(Geneva)

Ages 5 to 8

Kids Yoga and Mindfulness

Fri 4:30–5:15 pm

(Linda)

Ages 5 to 10

Family Yoga

With adult

Sat 10:00–10:45 am

(Linda)

Ages 8 to 12

Pre-Teen Yoga and

Mindfulness

Mon 5:00–5:45 pm (Camille)

Wed 5:00–5:45 pm (Linda)

Sun 3:00–3:45 pm (Marta)

Ages 12 to 18

Relaxation and Yoga

for Teens

Wed 5:00–6:00 pm

(Erika)

Yoga for Teens

A: Jan 7–Feb 11

B: Feb 18–Mar 25

Sat 4:00–5:00 pm

(Kirsten)

Ages 14 to 18

Everyday Mindfulness and

Stress Management for Teens

A: Jan 8–Feb 12

B: Feb 19–Mar 26

Sun 6:30–7:45 pm

(Mick)

Ask about our
yoga birthday
parties and
summer camp!

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 and fees

Registration fee is \$216 (\$18 per class) for the 12-week Winter Session, which runs January 2–March 26, 2017. Registration fee is prorated after the first week of class. Discounts apply if you register for more than one class by Sunday, Jan 8, 2017: \$16 per class for the 2nd registration and \$14 per class for each additional registration. Drop-ins are welcome, space permitting. 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

Circle
Yoga

Winter 2017

Jan. 2 to Mar. 26

New to
Circle Yoga?

Try any 3 classes
for only \$33!



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Circle Yoga Winter 2017

Mini Series

Intro to Yoga

Jan 3-31
Tue 7:00-8:00 pm
(Linda)

Intro to Flow

Jan 4-25
Wed 12:00-1:00 pm
(Sandy & Joey)

Supportive Yoga for Larger Bodies

A: Jan 7-Feb 11
B: Feb 18-Mar 25
Sat 11:15 am-12:15 pm
(Annie C.)

Restorative Yoga

Jan 12-Feb 9
Thurs 7:00-8:15 pm
(Jill)

Free Your Hips with the Feldenkrais Method®

Jan 23-Feb 13
Mon 7:00-8:00 pm
(Seth)

iRest® Yoga Nidra

Feb 7-Mar 14
Tue 7:00-8:15 pm
(Gretchen)

Everyday Mindfulness

Feb 15-Mar 22
Wed 12:00-1:00 pm
(Kaira Jewel)

Prenatal/Postnatal

Prenatal Yoga

A: Jan 5-Feb 9
B: Feb 16-Mar 23
Thu 6:15-7:30 pm
(Elizabeth)

A: Jan. 8-Feb. 12
B: Feb. 19-Mar. 26
Sun 4:30-5:45 pm
(Lindsey)

Postnatal Yoga

with baby 6 weeks to almost crawling
Jan 9-Feb 13
Mon 12:15-1:15 pm
(Elizabeth)

A: Jan 6-Feb 10
B: Feb 17-Mar 24
Fri 10:30-11:30 am
(Krista)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Level 1 9:00-10:15 am (Debbie H.)	Yoga Level 1-2 7:00-8:00 am (Jennifer)	Mindfulness Meditation 6:30-7:30 am <i>Donation requested</i>	Yoga Level 1-2 7:00-8:00 am (Bonnie)	Total Body Fitness 9:00-10:00 am (Krista)	Flow Level 1-2 8:00-9:00 am (Mercedes)	Basic Pilates 9:00-10:00 am (Julie)
Yoga Level 1-2 9:00-10:15 am (Joey)	Yoga Level 1 8:30-9:45 am (Bonnie)	Yoga Level 1 9:00-10:15 am (Sandy)	Intermediate Pilates 9:00-10:00 am (Julie)	Yoga Level 1-2 9:00-10:15 am (Anne)	Stretch, Strengthen and Align 8:30-9:45 am (Alex)	Yoga Level 1 9:00-10:15 am (Debbie M.)
Super Gentle Yoga 10:00-11:00 am (Annette)	Yoga Level 2 9:00-10:15 am (Jill)	Flow Level 1-2 9:30-10:45 am (Annette)	Gentle Yoga 9:00-10:15 am (Gretchen)	Flow Level 2-3 10:00-11:30 am (Rebecca)	Yoga and Pranayama Level 1-2 8:30-9:45 am (Liz)	Yoga Level 2 10:00-11:30 am (Yael)
Flow Level 2 10:30-11:45 am (Rebecca)	Gentle Yoga 9:00-10:15 am (Mercedes)	Yoga Level 1-2 10:00-11:15 am (Anne)	Yoga Level 1 10:15-11:30 am (Linda)	Yoga Level 1 10:30-11:45 am (Anne)	Yoga Level 1 9:15-10:30 am (Mercedes)	Yoga Level 1-2 10:30-11:45 am (Debbie M.)
Pilates Total Fitness 11:15 am-12:15 pm (Annette)	Yoga Level 1-2 10:30-11:45 am (Jill)	Flow Level 2 10:30-11:45 am (Sandy)	Yoga Level 1-2 10:30-11:45 am (Krista)	Yoga Level 1-2 12:00-1:15 pm (Rebecca)	Flow Level 2 10:00-11:15 am (Jennifer)	Gentle Yoga 11:30 am-12:45 pm (Geneva)
Yoga Level 1 12:00-1:00 pm (Linda)	Gentle Yoga 10:30-11:45 am (Mercedes)	Pilates Total Fitness 11:00 am-12:00 pm (Annette)	Super Gentle Yoga 10:30-11:45 am (Debbie H.)	Mindfulness Meditation 12:00-1:00 pm <i>Donation requested</i>	Gentle Yoga 11:00 am-12:15 pm (Alex)	Yoga for Women Cancer Survivors 12:00-1:00 pm (Erika) \$10+ donation
Yoga Level 1-2 6:15-7:30 pm (Eduardo)	Total Body Fitness 11:30 am-12:30 pm (Krista)	Yin Yoga 6:30-7:45 pm (Yael)	Intermediate Pilates 5:30-6:30 pm (Julie)		Community Class 12:30-1:30 pm \$5+ donation	Pilates Total Fitness 4:00-5:00 pm (Annette)
Mindfulness Meditation 7:00-8:30 pm <i>Donation requested</i>	Pilates Total Fitness 6:15-7:15 pm (Annette)	Yoga Level 1 6:30-7:45 pm (Linda)	Yoga Level 1-2 6:15-7:30 pm (Eduardo)			Yoga for a Healthy Back 4:00-5:15 pm (Bonnie)
Yoga Level 1 7:45-9:00 pm (Linda)	Stretch, Strengthen and Align 7:00-8:15 pm (Alex)	Yoga Level 1-2 7:00-8:15 pm (Rebecca)	Flow Level 1-2 7:45-8:45 pm (Elizabeth)			Pilates Total Fitness 5:15-6:15 pm (Annette)
	Basic Pilates 7:30-8:30 pm (Annette)		Yoga for Men 7:45-9:00 pm (Wes)			Flow Level 1-2 5:30-6:45 pm (Joey)



Got kids?

See our kids & teen classes
on the back →

See circleyoga.com
for updated schedule.