

Circle Yoga Kids

Spring 2018 classes for kids, teens, and families

Movers and Twisters
with adult
Sun 10:15-11:00 am
A: Apr 8-May 13
B: May 20-Jun 17
(Geneva)

Family Yoga
with adult
Sat 4:00-4:45 pm
A: Apr 7-May 12
B: May 19-Jun 16
(Geneva)

Kids Yoga and Mindfulness
Fri 4:30-5:15 pm
(Linda)

Family Yoga
with adult
Sat 10:00-10:45 am
(Linda)

Pre-Teen Yoga and Mindfulness
Mon 5:00-5:45 pm
(Camille)
Wed 5:00-5:45 pm
(Linda)

Relaxation and Yoga for Teens
Wed 5:00-6:00 pm
Apr 4-Jun 6
(Cinema)

Tween Yoga
Sat 3:30-4:30 pm
A: Apr 7-May 12
B: May 19-Jun 16
(Laura)

Teen Yoga
Sat 4:45-5:45 pm
A: Apr 7-May 12
B: May 19-Jun 16
(Laura)

Everyday Mindfulness and Stress Management for Teens
Sun 6:30-7:45 pm
A: Apr 8-May 13
B: May 20-Jun 17
(Mick)

Yoga for Kids with Special Needs

Tues 5:00-5:45 pm
Apr 10-May 15
(Betsy and Tamar)
Intake required and special pricing applies.
Contact Linda@circleyoga.com



Registration fee is \$209 (\$19 per class) for the 11 week spring session, which runs April 2-June 17, 2018. Registration fee is prorated after the first week of class. Discounts apply if you register for more than one class by Monday, April 9, 2018: \$17 per class for the 2nd registration and \$15 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.

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

Spring 2018

April 2-June 17

New to Circle Yoga?
Try any 3 classes
for only \$33!



Circle Yoga Cooperative

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Circle Yoga

Spring 2018



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

Yoga Level 1-2
9:00-10:15 am
(Rob)

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

Flow Level 2
10:30-11:45 am
(Elizabeth)

Pilates Total Fitness
11:15 am-12:15 pm
(Annette)

Yoga Level 1
12:00-1:00 pm
(Linda)

Yoga Level 1-2
6:15-7:30 pm
(Eduardo)

**Improve Your
Movement with
Feldenkrais®**
7:00-8:15 pm
(Seth)

**Mindfulness
Meditation**
7:00-8:30 pm
(Donation requested)

Yoga Level 1
7:45-9:00 pm
(Linda)

Yoga Level 1-2
7:00-8:00 am
(Jennifer)

Yoga Level 1
8:30-9:45 am
(Bonnie)

Gentle Yoga
9:00-10:15 am
(Mercedes)

Yoga Level 2
9:00-10:15 am
(Jill)

Gentle Yoga
10:30-11:45 am
(Mercedes)

Yoga Level 1-2
10:30-11:45 am
(Jill)

Total Body Fitness
11:30 am-12:30 pm
(Krista)

Pilates Total Fitness
6:15-7:15 pm
(Annette)

**Stretch, Strengthen,
and Align**
7:00-8:15 pm
(Bonnie)

Basic Pilates
7:30-8:30 pm
(Annette)

**Mindfulness
Meditation**
6:30-7:30 am
(Donation requested)

Basic Pilates
9:00-10:00 am
(Jessica)

Yoga Level 1
9:00-10:15 am
(Sandy)

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

Yoga Level 1-2
10:30-11:45 am
(Leyla)

Flow Level 2
10:30 am-12:00 pm
(Sandy)

Pilates Total Fitness
11:00 am-12:00 pm
(Annette)

Yoga Level 1
6:30-7:45 pm
(Linda)

Yin Yoga
7:00-8:15 pm
(Yael)

Yoga Level 1-2
7:00-8:15 pm
(Emily)

Yoga Level 1-2
7:00-8:00 am
(Rob)

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)

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

Yoga Level 1-2
10:30-11:45 am
(Krista)

Yin Yoga
12:00-1:15 pm
(Rob)

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

Yoga Level 1-2
6:15-7:30 pm
(Geneva)

Flow Level 1-2
7:45-8:45 pm
(Elizabeth)

Yoga for Men
7:45-9:00 pm
(Wes)

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

Yoga Level 1-2
9:00-10:15 am
(Anne)

Gentle Yoga
10:00-11:15 am
(Gretchen)

Yoga Level 1
10:30-11:45 am
(Anne)

Yoga Level 1-2
10:30-11:45 am
(Krista)

Flow Level 2-3
12:00-1:15 pm
(Alice)

**Mindfulness
Meditation**
12:00-1:00 pm
(Donation requested)

**Improve Your
Movement with
Feldenkrais®**
12:15-1:30 pm
(Seth)

**Flow Level 1-2
and Meditation**
8:00-9:00 am
(Mercedes)

Yoga Level 1-2
8:30-9:45 am
(Sonia)

Yoga Level 1
9:15-10:30 am
(Mercedes)

Flow Level 2
10:00-11:15 am
(Jennifer)

Gentle Yoga
11:00 am-12:15 pm
(Linda)

**Supportive Yoga for
Larger Bodies**
11:15 am-12:15 pm
A: Apr 7-May 12
B: May 19-Jun 16
(Annie C.)

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

Basic Pilates
9:00-10:00 am
(Julie)

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

Yoga Level 2
10:00-11:30 am
(Rob)

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

Gentle Yoga
11:30 am-12:45 pm
(Geneva)

**Yoga for Women
Cancer Survivors**
12:00-1:00 pm
(Erika)
\$10+ donation

Pilates Total Fitness
4:00-5:00 pm
(Annette)

Super Gentle Yoga
5:15-6:15 pm
(Annette)

Yoga for a Healthy Back
5:30-6:45 pm
(Bonnie)

Yoga Level 1-2
5:30-6:45 pm
(Marybeth)

Yoga for Osteoporosis
Thurs 12:00-1:15 pm
Apr 5-May 3
(Debbie H.)

Yoga and Writing
Tues 7:00-8:30 pm
Apr 10-May 8
(Pleasance)
No drop-ins

Postnatal Yoga
Mon 12:15-1:15 pm
A. Apr 2-May 7
B. May 14-Jun 11
(Elizabeth)

Prenatal Yoga
Thurs 6:15-7:30 pm
A. Apr 5-May 10
B. May 17-Jun 14
(Elizabeth)

Sun 4:00-5:15 pm
A. Apr 8-May 13
B. May 20-Jun 17
(Christina)



Got kids?
See the back
for kids, teens,
and family
classes →

Check www.circleyoga.com
for schedule changes.