

Join us at any point during Winter Session. Registration fees are prorated each week.

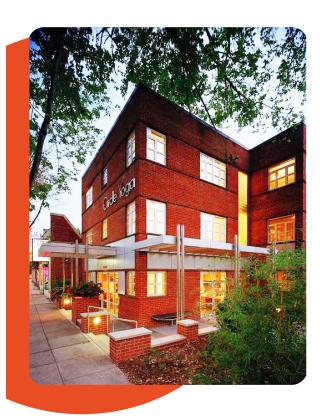
Enjoy unlimited access to our video library.Students registered for 2+ classes a week have access to hundreds of recorded classes.

See the most up-to-date schedule at circleyoga.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Level 1 9:00-10:00 am	Yoga Level 1-2 7:30-8:30 am	Mindfulness Meditation	Yoga and Functional Movement	Yoga Level 1-2 7:30-8:30 am	Yoga Level 1-2 8:30-9:45 am	Yoga Level 1 8:45-9:45 am
9:00-10:00 am (Debbie)	7:30-8:30 am (Joey)	7:00-8:00 am	7:30-8:30 am	7:30–8:30 am (Rachel)	8:30-9:45 am (Anjali)	8:45-9:45 am (Angelique)
Yoga Level 1-2	Yoga Level 1	(OHMC)	(Phil)	Strength and	Yoga Level 1	Basic Pilates
9:00-10:00 am	9:00-10:00 am	Yoga Level 1	Intermediate Pilates	Conditioning	9:00-10:00 am	9:00-10:00 am
(Krista)	(Tamar)	9:00-10:00 am (Rachel)	9:00-10:00 am	9:00-10:00 am (Krista)	(Delores)	(Julie)
Yoga for Balance	Yoga and Functional		(Julie)		Yoga Level 1	Yin Yoga
and Stability	Movement	Yoga Level 1-2	Yoga and Functional	Yoga Level 1	y 9:00-10:15 am	10:00-11:00 am
10:15-11:15 am	9:30-10:30 am	9:00-10:15 am	Movement	9:00-10:00 am	(Mercedes)	(Angelique)
(Anna)	(Phil)	(Leyla)	9:30-10:30 am	(Alex)	Strength and	Prenatal Yoga
Flow Level 2	Gentle Yoga	Flow Level 2	(Phil)	Flow Level 2	Conditioning	10:15-11:15 am
10:30-11:30 am	V 10:00-11:15 am	10:30-11:30 am	Yoga Level 1	10:30-11:45 am	9:30-10:30 am	(Stephanie)
(Joey)	(Mercedes)	(Rachel)	10:30-11:30 am	(Alice)	(Isabel)	lyengar Yoga
Pilates Total Fitness	Flow Level 2	Gentle Yoga	(Linda)	Flow Level 2-3	Family Yoga	All Levels
11:30am-12:30 pm	10:00-11:00 am	10:30-11:30 am	Yoga for Balance	11:30 am-12:30 pm	(Ages 5-10)	V 10:15-11:30 am
(Anna)	(Alice)	(Leyla)	and Stability	(Jen)	10:15-11:00 am	(Sonia)
V 1 14	Consent board	•	12:00-1:00 pm	Del and Mayon	(Tamar)	Fl. I. J.
Yoga Level 1 12:00-1:00 pm	Strength and Conditioning	Strength and Conditioning	(Delores)	Baby and Me Yoga 12:00-1:00 pm	Flow Level 2	Flow Level 2 10:30-11:45 am
(Linda)	10:30-11:30 am	12:15–1:15 pm	Yin Yoga	(Elizabeth)	10:30-11:45 am	(Rebecca)
, ,	(Krista)	(Jessica)	12:00-1:00 pm	(=,	(Wendy)	, ,
Mindfulness			(Rob)	Mindfulness	•	Yoga Level 1-2
Meditation	Gentle Yoga	Pre-Teen Yoga	•	Meditation	Supportive Yoga for	V 11:00 am-12:00 pm
7.00-6.30 pm	5:00-6:00 pm	and Mindfulness	Strength and	12:00-1:00 pm	Larger Bodies	(Rob)
(OHMC)	(Alex)	(Ages 8-12) 5:00-5:45 pm	Conditioning 6:00-7:00 pm	(OHMC)	11:00 am-12:00 pm (Michelle)	Gentle Yoga
Flow Level 2	Prenatal Yoga	5:00–5:45 pm (Linda)	(Bretton)	Free Community Class	(Michelle)	11:30-12:30 pm
7:00-8:00 pm	6:15-7:15 pm	(Lilida)		4:30-5:15 pm	Family Yoga	(Camille)
(Jen)	(Tamar)	Relaxation and	Yoga Level 1	(CYTT Grads)	(Ages 2-4)	Yoga for a
Yoga Level 1	Stretch, Strengthen	Yoga for Teens	6:00-7:00 pm	Kids Yoga and	11:15 am-12:00 pm	Healthy Back
7:15-8:15 pm	and Align	5:00-6:00 pm	(Tamara)	Mindfulness	(Tamar)	5:00-6:00 pm
(Linda)	6:15-7:15 pm	(Cinema)	Prenatal Yoga	(ages 5-10)		(Bonnie)
	(Alex)	Yin Yoga	6:30-7:30 pm	4:30-5:15 pm		Pilates Total Fitness
	Restorative Yoga	6:30-7:30 pm	(Stephanie)	(Linda)		
	6:30-7:30 pm	(Yael)	Flow Level 2			V 5:15-6:15 pm (Anna)
	(Eloise)	Yoga Level 1	7:30-8:30 pm			
	\ - /	7:00-8:00 pm	(Wendy)			Flow Level 1-2
		(Linda)	•			5:30-6:30 pm
			Yoga Nidra			(Kerensa)
			7:30-8:30 pm			

(Angelique)

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Join us in studio or virtually!



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Circle Yoga It's easy to be here



Winter Session 2024
January 2 - March 31

New to
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