



Monday, August 23 - Thursday, October
14, 2010

(No classes Mon 9/6 and eve of Wed 9/8)

Judith combines the best of several yoga traditions into a relaxing and strengthening blend. Each class includes gentle warm ups, yoga pose instruction, breathing exercises, focusing, and deep relaxation techniques

Gentle Yoga (Level I)

for beginners and those who want a relaxing yoga program. Gently builds strength, flexibility, concentration, and calm.

More Yoga (Level II)

for those who want a deeper, more dynamic experience. Increases strength, physical well-being, focus, emotional health, and peace of mind.

Time	Place	Teacher
Mon 7:30pm	Friends	Judith
Tues 6:00pm	Temple	Judith
Wed 9:30am	Friends	Judith
Thurs 6:00pm	Friends	Claire

Time	Place	Teacher
Mon 5:30pm	Friends	Judith
Wed 5:30pm*	Temple	Judith
Wed 7:30pm	Temple	Judith

*Women only class

▶ Friends = Friends Meeting House, 625 Tower Street, 27607 (Cameron Village)

▶ Temple = Temple Beth Or, 5315 Creedmoor Road, 27612 (North Raleigh)

Mon. and Wed. eve ~ 7 classes~ \$93.00

Tues. eve, Wed morn., & Thurs. eve ~ 8 classes ~\$106.00

Call Judith for Creative Payment Plans, Discounts, and Partial-Scholarships.

☺ register at www.jvyoga.com or call Judith at 919.803.3191 today ☺

