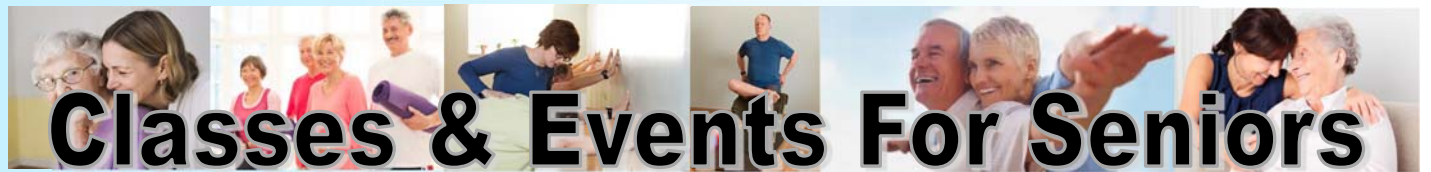


# the Yoga Center of Columbia

410.720.4340

www.columbiayoga.com



We are proud to offer a broad selection of classes for all ages. Below are some offerings that are especially popular with, but not exclusive to, those who are 60 years young. Our teachers are highly trained and experienced; join us to have some fun, feel better, and enrich your life! Visit [www.columbiayoga.com](http://www.columbiayoga.com) for more details and to register.

## CLASSES

### Gentle Yoga

Monday, 9:30am-11am - Colleen

Monday, 1pm-2:30pm - Heather

Tuesday, 9:30am-11am - Karla

Tuesday, 4:30pm-6pm - Colleen

Wednesday, 6:15pm-7:45pm - Lucy

Thursday, 11:15am-12:45pm - Cathy

Thursday, 4:30pm-6pm - Colleen

Saturday, 9am-10:30am - Karla

Sunday, 10:45am-12:15pm - Nancy

### Extra Gentle Yoga

Monday, 11:15am-12:45pm - Colleen

Monday, 6:15pm-7:45pm - Lucy

Wednesday, 11:15am-12:45pm - Cathy

Thursday, 11:15am-12:45pm - Colleen

### Medical Qigong

Monday, 7pm-8pm - Jeri

### Pilates I

Tuesday, 8pm-8:50pm - Karen

Wednesday, 9:30am-10:20am - Karen

Wednesday, 5:15pm-6:05pm - Karen

Friday, 11:15am-12:05pm - Jen

### Gentle/Yoga I

Wednesday, 11am-12:30pm - Betsy

Wednesday, 6:15pm-7:45pm - Debbie

Friday, 11:15am-12:45pm - Debbie

### Yoga for a Healthy Back

Wednesday, 11:15am-12:45pm - Bonnie

### Care Partner Yoga

Wednesday, 1pm-2pm - Cathy

### Women's Qigong 2

Thursday, 10:45am-12:15pm - Jeri

### Chair Yoga

Saturday, 10:45am-12pm - Barbara

### Advanced Chair Yoga

Sunday, 9:15am-10:30am - Barbara

## MEDITATION

### **Meditation Short Sitzings, No Charge**

Monday, 9am-9:20am - Rimmi

Tuesday, 9:30am-9:50am - Kathy

Friday, 9am-9:20am - Kathy

Saturday, 8:30am-8:50am - Bitu

### **Meditation Group Suggested \$5 Donation for Charity**

Monday, 8:15pm-9:15pm - Kathy (for experienced meditators)

**Stillwater Mindfulness Meditation**, Sundays at 6:30pm  
(newcomer orientation on the first Sunday, monthly, at 6pm)

**Meditation mini-sessions teach you step-by-step how to get started ...see the offerings below under Mini-Sessions**

## MINI-SESSIONS

### **Book Club: Buddha's Brain with Cyndi**

Mondays, Oct 16, 23, 30, 8pm-9pm FREE EVENT

### **Yoga for Healthy Bones with Bonnie**

Tuesdays, 6:15pm-7:45pm. 6 wks, Oct 3-Nov 7 \$96

### **Women's Qigong I with Jeri**

Thursdays, 9:30-10:30am Oct. 5,- Nov. 16 \$112

### **Intro to Mindfulness Meditation with Still Water Community**

Thursdays, 8-9:15pm, Oct 5-Nov 30 \$128

### **Intro to Meditation with Jen**

Sundays, 11am-12:30pm, Oct 15-Dec 3 \$64

## WORKSHOPS

**Yoga for Allergies with Lucy** Sept 30, 1pm-3:30pm

**Yoga Nidra with Melissa** Oct 1, Nov 5, Dec 3, 1-2pm

**iRest Yoga Nidra with Lucy** Oct 8, 1-2:30pm

**Yoga and Art with Kelly & Roz** Oct 15, 1-4pm

### **Restoratives & Yoga Nidra with Karla**

Oct 20, Nov 17, Dec 15, 6:30pm-7:45pm

### **Restoratives, Reiki, Reflexology with Linda**

Oct 27, Dec 8, 6:15pm-7:45pm

**Your Knees – Use, Don't Abuse! with Lucy** Oct 28, 1pm-3:30pm

**Intro -Energy Medicine Yoga with Jacqueline** Nov 12, 1pm-3pm

**Restoratives Plus with Lucy** Dec 16, 1pm-3:30pm

**Winter Solstice Kirtan with Kelly & Michael** Dec 17, 2pm-4pm

**New Years Day Yoga Nidra with Melissa** Jan. 1, 1pm-2:30pm