

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 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
Wed., 11:15am-12:45pm - Cathy
Thurs., 11:15am-12:45pm - Colleen

Gentle/Yoga I

Wed., 11am-12:30pm - Betsy
Wed., 6:15pm-7:45pm - Debbie
Friday, 11:15am-12:45pm - Debbie

Mindful Yoga

Monday, 11:15-12:45pm - Karla

Yoga For Stressful Times

Monday, 4:30pm-6pm - Kim

Medical Qigong

Monday, 7pm-8pm - Jeri

Yoga For Healthy Bones

Tuesday, 11:15am-12:45pm - Bonnie
Tuesday, 6:15pm-7:45pm - Bonnie

Chair Yoga

Saturday, 10:45am-12pm - Barbara

Advanced Chair Yoga

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

Pilates I

Tuesday, 8pm-8:50pm - Karen
Wed., , 9:30am-10:20am - Karen
Wed., , 5:15pm-6:05pm - Karen
Friday, 11:15am-12:05pm - Jen

Yoga for a Healthy Back

Wed., 11:15am-12:45pm - Bonnie

Care Partner Yoga (Gentle Seated)

Wed., 1pm-2pm - Cathy

Women's Qigong 2

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

MEDITATION

Meditation Short Sittings, No Charge

Monday, 9am-9:20am - Rimmi
Tuesday, 9:30am-9:50am - Kathy
Friday, 9am-9:20am - Kathy
Saturday, 8:30am-8:50am - Bita

Meditation Group Suggested \$5

Donation for Charity Monday, 8:15pm-9:15pm
with Kathy for experienced meditators)

(Stillwater Mindfulness Meditation,

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

MINI-SESSIONS

Women's QiGong I with Jeri Hemerlein

Thursdays, 9:30am-10:30am, Jan. 11-Feb. 22,

Pilates I with Karen Best

Thursdays 4:30pm-5:20pm, Jan. 11-Feb 8

Intro to Mindfulness Meditation

with Still Water Community

Thursdays 8-9:15pm, Jan. 11-March 1

Mindfulness Based Stress Reduction with

Stan Eisenstein Sundays, 1pm-3:30pm, Jan. 21-March 25

WORKSHOPS

Jan. 5

Restoratives, Reiki & Reflexology
with Linda Stevens (**Also 2/23 & 3/16**)

Jan. 19

Restoratives & Yoga Nidra
with Karla Kettler (**Also 2/16 & 3/9**)

Jan. 20

Arthritis & Osteoporosis with Lucy Lomax

Jan. 28

**Bhagavad Gita - Ancient Wisdom
For Everyday Life** with Rimmi Singh

Feb. 4

How To Get A Good Night's Sleep
with Robin Carnes

Feb. 10

Yoga/Meditation-Cancer with Lucy Lomax

Feb. 11

Drop The Diet with Karla Kettler

Feb. 18

Yoga Nidra with Kelly Fisher

Feb. 24

Un-Desk Yoga with Katie Huber

March 3

Ayurveda Spring Cleanse

with Debbie Martin & Debbie Helfeld

March 11

Yoga Nidra with Melissa Lindon

March 17

Yoga For Your Head, Neck & Shoulders

with Lucy Lomax

March 18

Yoga & Massage For Pregnancy & Birth

with Darlene Bergener

March 25

Ayurveda Nutrition & Diet For Spring

with Rimmi Singh

March 25

Restoratives & Zero Balancing

with Karla Kettler & Stan Fox