

# 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, 3:30pm-5:00pm - Nancy  
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 - Barbara

### 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-12:15pm - Barbara

### Advanced Chair Yoga

Sunday, 9:00am-10:30am - Barbara

### Pilates I

Tuesday, 8:00pm-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

## WORKSHOPS

- April 7** **Pilates On The Ball**  
with Karen Best (Also 5/5, 6/2)
- April 8** **Yoga Nidra**  
with Melissa Lindon (Also 5/6 & 6/3)
- April 13** **Restoratives & Yoga Nidra**  
with Karla Kettler (Also 5/25)
- April 21** **Balance, Back & Posture**  
with Karen Best
- April 29** **Sunday Satsang: Karma**  
with Debbie Martin
- May 4** **Restoratives, Reiki & Reflexology**  
with Linda Stevens (Also 6/1)
- May 5** **Yoga Offered In American Sign Language**  
with Colleen Markiewicz
- May 12** **Free Your Fascia: Arms, Shoulders & Neck**  
with Kelly Fisher

## MINI-SESSIONS

### **Women's QiGong I with Jeri Hemerlein**

Thursdays, 9:30am-10:30am, April 12- May 17

### **Pilates I with Karen Best**

Thursdays, 5:15pm - 6:05pm, April 12 - May 17

### **Intro to Mindfulness Meditation in the Plum Village Tradition**

Thursdays 8:00pm - 9:15pm, April 12 - May 31

### **Beginners Yoga with Heather Thamer**

Saturdays, 11:30am - 1pm, June 2 - June 30

## 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)

### **Still Water Mindfulness Meditation**

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