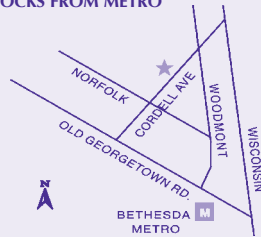


UNITY WOODS LOCATIONS

Bethesda

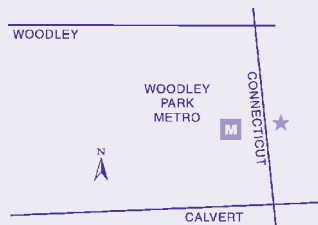
4853 Cordell Avenue
Suite PH7, 16th Floor

5 BLOCKS FROM METRO



Woodley Park

2639 Connecticut Avenue
Suite C-102



Ballston

4001 North 9th Street
Suite 105



Class Schedule

Bethesda, MD

4853 Cordell Ave, Penthouse 7

Mondays

10:00–11:30AM	Level II/III	Jill
10:15–11:45AM	Level I/II	Suzanne
12:00–1:30PM	Level II	Anne
12:15–1:45PM	Level I	Suzanne
5:45–7:15PM	Level I/II	Anne
6:15–7:45PM	Level II/III	Mary
7:30–9:00PM	Level II	Anne
8:00–9:30PM	Level I	Mary

Tuesdays

6:30–7:30AM	Sunrise Yoga	Suzanne
	(March 6–27; see page 4)	
10:00–11:30AM	Level I	Jill
10:15–11:45AM	Level II	Linda
4:15–5:30PM	Level I/II	Rocky
5:00–6:30PM	Level II	John
5:45–7:15PM	Level II	Linda
6:45–8:45PM	Level III ⁵	John
7:30–9:00PM	Level I/II	Rocky

Wednesdays

8:50–9:50AM	Pranayama IV	Anne
10:00–11:30AM	Level I/II	Jill
10:15–11:45AM	Level II/III ³	Anne
12:00–1:30PM	Gentle I	Jill
12:15–1:30PM	Level I/II	Anne
4:15–5:45PM	Yoga & Meditation ⁶	Carol
5:00–6:15PM	Back Care	Rocky
6:00–7:30PM	Level I	John
6:30–8:00PM	Level II/III ³	Mary
7:45–9:15PM	Level II	John
8:15–9:45PM	Level II	Mary

Prerequisites:

- ¹ completion of one year of asana
- ² completion of Level II once
- ³ completion of Level II twice
- ⁴ 5 minute freestanding Sirsasana
- ⁵ 10 minute freestanding Sirsasana
- ⁶ Level I/II and up

Thursdays

7:00–8:30AM	Mixed Levels ⁶	Suzanne
9:00–10:15AM	Seniors	Suzanne
9:00–10:15AM	Level I	Doerthe
10:30AM–12:00PM	Level II	Doerthe
10:45–11:45AM	Women's Class ⁶	Suzanne
	(March 1–29; see page 4)	
12:15–1:30PM	Level I/II	Susan
4:30–5:30PM	Teen Yoga	Doerthe
4:30–5:45PM	I/II Mini-Session	Susan
	(March 8–29; see page 4)	
5:45–6:45PM	Pranayama II	John
6:00–7:30PM	Gentle I	Maggie
7:00–9:00PM	Level II/III ⁴	John

Fridays

9:45–11:00AM	All Level Mini-Sess	Alyson
	(January 6–27 and March 2–23; see page 4)	
10:00–11:30AM	Level II	Rocky
6:00–7:00PM	Community Class	Faculty
	(weekly through March 23; see page 5)	

Saturdays

7:30–8:45AM	Level I/II	Steve
9:00–10:30AM	Level II/III ³	Liz
9:15–10:45AM	Level II	Linda
10:45AM–12:15PM	Level II	Liz
11:00AM–12:30PM	Level II/III	Linda
12:30–2:00PM	Level I/II	Liz

Sundays

8:00–9:15AM	Level I/II	Steve
9:00–10:30AM	Level II/III ³	Anne
9:30–11:00AM	Level II	Steve
10:45AM–12:15PM	Level II	Anne
11:15AM–12:30PM	Level I	Steve
12:30–2:00PM	Level I/II	Anne
12:45–2:00PM	Gentle II	Steve

Class Schedule

Woodley Park, DC 2639 Connecticut Ave, NW, C102

Mondays

10:00–11:30AM	Level II/III	Steve
4:30–6:00PM	Level I/II	Steve
6:15–7:45PM	Level II	Liz
8:00–9:30PM	Level III	Liz

Tuesdays

9:45–11:15AM	Gentle I	Rocky
12:00–1:30PM	Level I/II	Anara
6:15–7:45PM	Level II	Anne
8:00–9:15PM	Level I/II	Anne

Wednesdays

10:00AM–12:00PM	Level III	Carolyn
6:30–7:45PM	Level I	Giulia
8:00–9:30PM	Level II	Giulia

Thursdays

10:00–11:30AM	Level II	Carolyn
4:30–6:00PM	Gentle I	Carol
6:15–7:45PM	Level II	Carol

Fridays

6:00–7:00PM	Community Class	Faculty (monthly: Jan 27, Feb 24, Mar 30; see page 5)
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Saturdays

9:00–10:30AM	Level II/III ²	Joe
10:45AM–12:15PM	Level II	Joe
12:30–1:45PM	Level I	Joe

Sundays

9:00–10:30AM	Level II	Lori
10:45AM–12:15PM	Level I	Lori

Ballston, VA 4001 N 9th St, Suite 105

Mondays

5:45–7:15PM	Level II	Lori
7:30–9:00PM	Level I	Lori

Tuesdays

12:15–1:15PM	Level I	Carol
5:00–6:00PM	Level I	Steve
6:15–7:45PM	Level II/III	Steve
8:00–9:00PM	Introductory Series	Steve (February 21–March 13; see page 4)

Wednesdays

6:00–7:30PM	Level II	Joe
7:45–9:00PM	Level I	Joe

Thursdays

6:00–7:30PM	Level I/II	Joe
7:45–9:15PM	Level II/III	Joe

Fridays

12:00–1:15PM	Level I/II	Lori
6:00–7:30PM	Level I/II	Lori

Saturdays

9:00–10:30AM	Level II/III ³	Lori
10:45AM–12:15PM	Level II	Lori
12:30–1:30PM	Intro to Pranayama ¹	Lori (March 3–24; see page 4)

Sundays

9:00–10:30AM	Level II	Maggie
10:45AM–12:15PM	Level I	Maggie

IMPORTANT DATES

Registration is now open:
www.unitywoods.com

Winter Session:

Fri. January 6–Thurs. March 29

Note: Classes WILL Meet

Mon. Jan. 16 (MLK Day) and
Mon. Feb. 20 (Presidents' Day)

Spring 2012 Session Begins:

April 12
Spring registration will open
March 20

THINGS TO KNOW ABOUT TAKING CLASS

Attire

There are changing rooms at each studio. Wear clothing you can move in (no baggy clothes—they obscure alignment). Bare feet are essential. No perfume.

Props

are provided, but you are encouraged to bring your own mat.

Food

Come with an empty stomach.

Special Physical Needs

Let your teacher know about any injuries, physical problems or medical conditions.

Be on time

Teachers begin each class with preparatory practices. It's unsafe (and disruptive) to come in late. You may be turned away if you arrive after the start of class.

Do not come to class

if you have any contagious condition. You share the floor, props, and air with many other students.

Children

Minimum age for class participation is 16 (except for Teen Yoga). Unity Woods cannot provide childcare for younger children.