

Class Schedule

Community Classes

Every Friday, 6:00–7:00pm

In Bethesda

April 14	Megan
April 21	Doerthe
April 28	Linda McR
May 5	Maggie
May 12	Rocky
May 19	Megan
May 26	Rocky
June 2	Maggie
June 9	Linda McR
June 16	Doerthe
June 23	Maggie
June 30	TBD

\$8 drop-in fee, cash only

Chanting

In Bethesda

Megan is offering a short series of soul-soothing chanting sessions on the following dates and times - open to all who wish to attend.

April

Sunday, April 16, 5:30 - 6:15

Friday April 21, 7:10 - 7:40

May

Friday May 19, 7:10 - 7:40

Sunday, May 21, 5:30 - 6:15

June

Friday, June 2, 7:10 - 7:40

Sunday, June 4, 5:30 - 6:15

Friday June 16, 7:10 - 7:40

Free of charge

Bethesda, MD

4853 Cordell Ave, Penthouse 7

Mondays

10:00–11:45AM	Level II/III ³	Jill
10:15–11:45AM	Level I/II	Suzanne
12:00–1:30PM	Level II	Anne
12:15–1:15PM	Level I	Suzanne
5:45–7:15PM	Level I/II	Anne
6:15–7:45PM	Level II/III ³	Doerthe
7:30–9:00PM	Level II	Anne

Tuesdays

10:00–11:30AM	Level I	Doerthe
4:15–5:45PM	Level I/II	Rocky
5:00–6:30PM	Level II	John
6:00–7:30PM	Level II	Linda SG
6:45–8:45PM	Level III ⁴	John

Wednesdays

9:00–10:00AM	Pranayama II ¹	Doerthe
10:15–11:45AM	Level II/III ³	Doerthe
12:00–1:30PM	Gentle	Suzanne
12:00–1:15PM	Level I/II	Megan
5:00–6:15PM	Back Care	Rocky
6:00–7:30PM	Level I	John
6:45–8:15PM	Level II	Linda McR
7:45–9:15PM	Level I/II	John

Thursdays

9:00–10:15AM	Seniors	Suzanne
9:00–10:15AM	Level I/II	Doerthe
10:30AM–12:00PM	Level II	Doerthe
12:15–1:30PM	Level I/II	Suzanne
12:15–1:30PM	Sutra Study	Doerthe/Nazli (April 6, May 18, June 8)
5:45–6:45PM	Pranayama III	John
6:30–8:00PM	Level I/II	Megan
7:00–9:00PM	Level II/III ³	John
8:15–9:15PM	Level I	Megan

Prerequisites:

¹ completion of Pranayama I

² Level I/II and up

³ 5 minute freestanding *Sirsasana*

⁴ 10 minute freestanding *Sirsasana*

Fridays

8:30–9:30AM	Adv Pranayama	Doerthe
	(Short Course: Apr 28, May 19, Jun 9)	
10:00–11:30AM	Level II	Laurel
10:00–11:30AM	Osteoporosis	Megan
12:00–1:15PM	Intro Series	Megan
	(Short Course 1: Apr 14, 21, 28, May 5)	
	(Short Course 2: May 12, 19, 26, Jun 2)	
6:00–7:00PM	Community Class	varies (April 14-June 30)

Saturdays

7:30–9:00AM	Level II	Steve
7:30–9:00AM	Level III	Mary
9:15–10:45AM	Level II/III ³	Steve
9:30–11:00AM	Level II	Linda SG
11:00AM–12:30PM	Level I/II	Steve
11:15AM–12:30PM	Level I	Megan

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
3:00–5:00PM	Osteoporosis	Megan
	(Short Course: May 14-June 4)	

*NOTE:

Doerthe's Wednesday Pranayama II class will NOT meet on April 12th.

Class Schedule

Arlington, 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
6:00–7:15PM	Level I/II	Giulia
7:30–9:00PM	Level II	Giulia

Wednesdays

5:00–6:00PM	Bending Forward	Juliana
(Short Course: Apr 12, 19, 26, May 3)		
5:00–6:00PM	Core Strength	Juliana
(Short Course: May 10, 17, 24, 31, Jun 7)		
5:00–6:00PM	Standing/Balancing	Juliana
(Short Course: Mar 15, 22, 29, April 5)		
6:15–7:15PM	Level I	Fritz
7:30–9:00PM	Level II	Fritz

Thursdays

6:00–7:15PM	Level I/II	Joe
7:30–9:00PM	Level II/III ³	Joe

Fridays

10:30–11:45AM	Level I	Lori
12:00–1:15PM	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	Pranayama II *	Lori

Sundays

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

***NOTE:**

Lori's Pranayama I class will NOT meet on April 15, May 20, and July 1.

Washington, DC

4000 Albemarle St NW, 4th Floor

NEW DC LOCATION

Wednesdays

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

Saturdays

9:00–10:30AM	Level II/III ³	Joe
10:45–12:15PM	Level II	Joe
12:30–1:45PM	Level I/II	Joe



IMPORTANT DATES

Registration is now open:
www.unitywoods.com

Spring Session:
 Monday, Apr 10—Sunday, July 2

Please Note:
 Bethesda studio A only:
 No Classes
 Saturday, April 8—Sunday, April 9

Classes WILL Meet:
 Sunday, April 16 (Easter)
 Monday, May 29 (Memorial Day)

Summer Session Begins:
 Monday, July 10
 Summer registration opens June 12

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, please.

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.

Please be on time
 Teachers begin each class with preparatory practices. You may be turned away if you arrive late.

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 asana class participation is 16. Unity Woods cannot provide childcare for younger children.

Class Cancellations
 for weather or other emergencies are posted on our website and our voicemail 90 minutes before class time: www.unitywoods.com or 301-656-8992.