

Community Classes

Every Friday, 6:00–7:00pm

In Bethesda

July 14	Linda M
July 21	Maggie
July 28	Rocky
August 4	Suzanne
August 11	Maggie
August 18	Rocky
August 25	Rocky
September 1	Doerthe

\$10 drop-in fee, cash only

Policy Change

Starting with the summer 2017 session, the drop-in fee increases for students who are not enrolled.

1-1/4 – 1-3/4 Hr class	\$24
2 Hour class	\$28
Pranayama	\$24
Community Class	\$10

Fees for regular class registration and discounted drop-in fees for enrolled students remain the same.

Studio News

Rocky co-led the 7th annual Art and Yoga retreat at Sevenoaks Retreat Center in Virginia on June 3-5 with artist and arts-educator Lauren Rader. Go to laurenraderart.com/retreats/ for more information and to get on the mailing list for next year.

Rocky's fundraising restorative class raised \$600 for Hope Springs Institute, a retreat center in southeastern Ohio that offers educational programs to help people live mindful, creative, and healthy lives. For more information about their offerings, go to hopespringsinstitute.org. contributed.

Class Schedule

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
6:45–8:45PM	Level III ⁴	John

Wednesdays

10:15–11:45AM	Level II/III ³	Doerthe
12:00–1:30PM	Gentle	Suzanne
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
5:45–6:45PM	Pranayama IV	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

***Note:** The majority of Megan's summer classes will be taught by substitutes.

Prerequisites:

¹ completion of Pranayama I

² Level I/II and up

³ 5 minute freestanding *Sirsasana*

⁴ 10 minute freestanding *Sirsasana*

Fridays

10:00–11:30AM	Level II	Laurel
6:00–7:00PM	Community Class	varies (July 14-September 1)

Saturdays

7:00–8:30AM	Level II/III ³	Mary
7:30–9:00AM	Level II	Steve
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



Schedule Changes for Summer Session:

Bethesda

Saturday 7:30-9:00am Level III replaced by 7:00-8:30am Level II/III (Mary) See schedule
Tuesday 6:00-7:30PM Level II class cancelled for summer session

Wednesday 9:00-10:00AM Pranayama class cancelled for summer session

All classes cancelled September 8, 9 and 10.

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

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

Sundays

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

Schedule Changes for Summer Session:

Arlington

No Pranayama classes on Saturdays during summer (Lori)

All classes cancelled September 9th and 10th

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

NOTE: All classes cancelled September 9th and 10th



IMPORTANT DATES

Registration is now open:
www.unitywoods.com

Summer Session:
 Monday, July 10–Sunday,
 September 10

Please Note:
 No classes Saturday, September
 9–Sunday, September 10

Classes WILL Meet:
 Monday, September 4 (Labor Day)

Fall Session Begins:
 Thursday, September 14
 Fall registration opens August 14

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.