

Community Classes

Every Friday, 6:00–7:00pm

In Bethesda

| | |
|--------------|------------|
| September 15 | Doerthe |
| September 22 | Linda M |
| September 29 | Maggie |
| October 6 | Suzanne |
| October 13 | Rocky |
| October 20 | Linda M |
| October 27 | Maggie |
| November 3- | Rocky |
| November 10 | Megan |
| November 17 | Maggie |
| November 24 | – No Class |
| December 1 | Suzanne |
| December 8 | Rocky |
| December 15 | Megan |
| December 22 | TBD |

\$10 drop-in fee, cash only

Chanting with Megan Bowles

Megan is offering a short series of soul-soothing chanting sessions on the following Fridays. Open to all who wish to attend.

September 22 7:10 – 7:40pm

October 20, 7:10 – 7:40pm

November 10, 7:10 – 7:40pm

December 8, 7:10 – 7:40pm

Free of charge

Class Schedule

Bethesda, MD

4853 Cordell Ave, Penthouse 7

Mondays

| | | |
|---------------|---------------------------|------------|
| 10:00–11:30AM | Level II/III ³ | Jill/Rocky |
| 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 |
| 7:30–9:00PM | Level I | Maggie |

Wednesdays

| | | |
|---------------|----------------------------|-----------|
| 9:00–10:00AM | Pranayama III ⁵ | Doerthe |
| 10:15–11:45AM | Level II/III ³ | Doerthe |
| 12:00–1:30PM | Gentle | Suzanne |
| 12:00-1:30PM | 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 |
| 12:15–1:45PM | Level I/II | Suzanne |
| 5:45–6:45PM | Pranayama I | John |
| 6:00–7:30PM | Level I/II | Megan |
| 7:00–9:00PM | Level II/III ³ | John |
| 7:45–9:00PM | 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*
- ⁵ completion of Pranayama II

Fridays

| | | |
|----------------|-----------------|--------------------------------------|
| 10:00–11:30AM | Level II | Laurel |
| 10:00-11:30AM | Osteoporosis | Megan |
| 11:45AM-1:00PM | Level I | Megan |
| 6:00–7:00PM | Community Class | varies (September 15-December 22) |

Saturdays

| | | |
|-----------------|---------------------------|----------|
| 7:00–8:30AM | Level II/III ³ | Mary |
| 8:00–9:30AM | Level II | Steve |
| 9:30–11:00AM | Level II | Linda SG |
| 10:00AM–11:30AM | 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 |



New classes for Fall Session

Tuesday 7:30pm new Level I class w/Maggie
 Wednesday 9:00am new Pranayama III class w/Doerthe
 Friday 11:45am new Level I Class w/Megan

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 |



Washington, DC

4000 Albemarle St NW, 4th Floor

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

Fall Session:
 Thursday, September 14 - Friday, December 22

Fall registration opens August 14

Please Note Thanksgiving Break:
 No classes Thursday, November 23 - Sunday, November 26

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

Winter Session Begins:
 Tuesday, January 2

Winter Break: Saturday,
 December 23-Monday, January 1

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