

Community Classes

Every Friday, 6:00–7:00pm

In Bethesda

January 5	Megan
January 12	Suzanne
January 19	Rocky
January 26	Maggie
February 2	Megan
February 9	Suzanne
February 16	Doerthe
February 23	Linda McR
March 2	Megan
March 9	Rocky
March 16	Maggie
March 23	Rocky
March 30	Maggie
April 6	Suzanne

\$10 drop-in fee, cash only

Chanting with Megan Bowles

Join Megan for monthly soul-soothing chanting sessions in Bethesda.

Sessions will meet on the following Fridays
7:10-7:40pm

January 5
February 2
March 2
April 6

Free!

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
6:00–7:30PM	Level II/III ³	Mary
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
6:00–7:15PM	Level I	Maggie
6:45–8:45PM	Level III ⁴	John
7:30–9:00PM	Level II	Maggie

Wednesdays

9:00–10:00AM	Pranayama IV 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
5:15–6:45PM	Level I	John
6:45–8:15PM	Level II	Linda McR
7:00–9:00PM	Level II/III ³	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 II ¹	Doerthe*
6:00–7:30PM	Level I/II	Megan
7:00–9:00PM	Level III ⁴	Doerthe
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 III

***No Pranayama II class on Thurs, Feb 15**

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 (January 5-April 6)

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



Schedule Changes for Winter Session Bethesda

Monday Level II/III w/Mary-new teacher/time
 Tuesday Level I w/Maggie - new time
 Tuesday Level II w/Maggie - new class
 Wednesday Level I w/John - new time
 Wednesday Level I/II w/John- no longer meets
 Thursday Level II/IIIw/John - now wednesday
 Thursday Pranayama II w/Doerthe-new tchr
 Thursday Level III w/Doerthe - new class

Important Schedule Note
All of John's winter session classes begin January 9 for 13-weeks

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
12:30–1:30PM	Pranayama I	Lori

Sundays

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

Schedule Changes for Winter Session Arlington

New Class on Saturday

12:30-1:30pm Pranayama I with Lori

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

Winter Session:

Tuesday, January 2 - Monday, April 9

Winter registration opens Dec 4

Please Note Winter Break:

No regular classes Saturday, December 23 - Monday, January 1

Classes WILL Meet:

Monday, January 15 (MLK Day)
Monday, Feb 19 (President's Day)
Sunday, April 1 (Easter)

Spring Session Begins:

Tuesday, April 10

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.