

	Monday	Nov 24	3-4pm	Yoga One	Retreat Orientation, Mantras	Dr C
			4-5pm	Yoga One	Grounding Yoga	
			7-8pm	Yoga One	Yoga Nidra	Dr Lisa Shives
	Wednesday	Nov 26	430-530p	Joyce Beers Center	Gentle Yoga	Daniel Dominguez
	Friday	Nov 28	730-830a	Yoga One	Grounding Hatha Therapeutic Yoga	Arati Lane
			2-3p	Yoga One	Yoga Basics I Standing, Sitting	Nazli Takesh Boshell
			6-730p	Yoga One	Yoga Nidra, Sound Bath	Nazli
	Saturday	Nov 29	9-10a	Olive St Park	Gentle Yoga	Dr C
			2-3p	Yoga One	Yoga Basics II Pranayama	Lauren Bosworth
			430-530p	Yoga One	Vinyasa Gentle	Chris Marrazzo
	Sunday	Nov 30	730-830a	Yoga One	Yoga Basics III Sun Salutations	Daniel Dominguez
			12-1p	Olive St Park	Gentle Yoga	Dr C
			4-6p	Yoga One	Restorative	Missy Donato

Name_____

Email_____

Ph#_____

Check box to left of class you want to attend.

Take pic and email us at info@josephcapernamd.com

OR

Just email us the classes and time you want.

Hope to see you there!