

# Winter 2018 SCHEDULE

## MONDAY **No class 1/1**

9:00-10:00am	Pilates/Yoga Fusion*	Wendy
9:30-10:45am	Level 1*	Emily
<b>6:00-7:15pm</b>	<b>Level 1-2</b>	<b>Marybeth</b>
<b>6:00-7:15pm</b>	<b>Prenatal Yoga</b>	<b>Stacee</b>
<b>7:30-8:30pm</b>	<b>Yoga Flow</b>	<b>Stacee</b>

## TUESDAY

10:00-11:00am	Ageless Yoga	Laura
6:00-7:15pm	Gentle & Restorative	Shelbi
6:00-7:15pm	Pilates/Yoga Fusion	Pam
7:30-8:45pm	Level 1-2	Aimee
7:30-8:45pm	Level 1	Noel

## WEDNESDAY

<b>7:30-8:30am</b>	<b>WakeUp Yoga</b>	<b>Jessica</b>
9:30-10:45am	Level 1-2*	Emily
5:30-6:45pm	Level 1	Steve
<b>5:45-7:00pm</b>	<b>Level 2</b>	<b>Emily</b>
7:00-8:15pm	Level 1-2	Steve
<b>7:15-8:15pm</b>	<b>Beginners</b> (two 6-week.sessions)	<b>Kim</b>

## THURSDAY

9:30-10:30am	Gentle & Restorative	Shelbi
<b>9:30-10:30am</b>	<b>Beginner Yoga Flow</b>	<b>Stacee</b>
5:30-6:15pm	Tween Yoga (9-12 years)	Jen
<b>Two 6-week Sessions. See class pricing for dates.</b>		
6:00-7:15pm	Level 1*	Marybeth
6:30-7:15pm	Kids Yoga (5-8 years)	Jen
<b>Two 6-week Session. See class pricing for dates</b>		
<b>6:30-7:45pm</b>	<b>Level 1-2</b>	<b>Sandra</b>

## FRIDAY

<b>9:30-10:45am</b>	<b>Level 1-2</b>	<b>Shelbi/Marybeth</b>
6:00-7:15pm	PK Friday Nights	Kim
	1/12, 2/9, 3/9, 4/13	



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## SATURDAY

9:00-9:45am	Baby & Me (4-week Session)	Aimee
<b>9:00-10:00am</b>	<b>Gentle Stretch</b>	<b>Erin</b>
<b>10:15-11:30am</b>	<b>Level 1-2</b>	<b>Aimee</b>

## SUNDAY

10:00-11:15am	Level 1	Jen
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**Yoga for a Cause**  
**Dec. 28-Jan. 1, 2018**  
**All proceeds benefit Pranakriya**  
**School of Yoga Healing Arts**  
**\$20/class**

**Level 1-2**  
with Sandra  
December 28, 7:00-8:15 pm

**All Levels**  
with Marybeth  
December 29, 9:30-10:45 am

**Level 1-2**  
with Shelbi  
December 30, 10:00-11:15 am

**Finish 2017 w/ a Bang!**  
**(Strong Yoga for Mind and Body)**  
with Emily  
December 31, 10:00-11:15 am

**All Levels**  
with Jen  
January 1, 10:00-11:15 am

**Classes start on time. Late arrivals may be turned away or find the door locked. Please see our make-up policy for more information.**

# CLASS PRICING

## Jan. 2- Mar. 31, 2018

1.0-1.5 hour (for 13 week session)	\$208
Multi-class Discount (2nd & 3rd class)	\$156
10-class punch card	\$180
1 Week Unlimited	\$65
4-week Session Pass	\$210
Unlimited Session Pass	\$525
Annual Pass	\$1,600
Drop-in	\$20

**Baby & Me: 2/3-2/24** \$64

### Kids Yoga and Tween Yoga:

Session 1: 1/4-2/8	\$96
Session 2: 2/15-3/22	\$96

### Beginners Yoga:

Session 1: 1/3-2/7	\$96
Session 2: 2/14-3/21	\$96

### Private Lessons:

Individual Session	\$ 80
3+ private lessons (paid in advance)	\$65 each
Small Group (up to 4) Lesson	\$100

### How to Register

We highly recommend registering online at [www.croftonyoga.com](http://www.croftonyoga.com) to receive immediate confirmation that your spot in class is secured. You can also call the studio to register by phone. We do not confirm registrations. We will only contact you if the class you registered for is full.

### Please Note

\* Indicates babysitting is available.

New class, time or teacher noted in **Bold**.

*Schedule is subject to change.*

*See online calendar for most current schedule.*

## WORKSHOPS

### PK Friday Nights

with Kim Murphy  
6:00–7:15pm

Jan 12, Feb 9, March 9

See pricing online in registration system  
Discounts available

### HypnoBirthing

with Sarah Seibold

Tuesdays, Jan.9-Feb.6, 6:30-9pm, \$375

### Self Defense for the Everyday Woman and Girl (age 14+)

with *Divas in Defense* and LeCarlo Beatty  
Jan. 20, 3-5pm, \$40

### Yoga & Massage for Pregnancy and Birth

with Darlene Bergener  
January 21, 1-4:30, \$80/ couple

### Yoga & Sound Meditation

with Stacey Johnson  
January 28, 1-3:30, \$35

### Find Your Flow

with Stacey Johnson  
March 3, 1-2:30, \$35

### Yoga, Meditation & Aromatherapy

with Kim Murphy  
Mar. 18, 1-2:30, \$35



### Meditation: Theory and Teaching

with Yoganand Michael Carroll (34 Hours)  
February 16-20, 2018  
\$550 (\$625 after 1/15)

## Discounts

Family members registering under one account automatically receive a multi-class discount for the second, third and fourth classes paid for in a session. The multi-class discount is \$12 a class. We also offer \$10 off a **full** session for students (with college ID), seniors (over 60), AACPL, AACPS & PGCPs employees (with ID), and active military or family of active military (with ID). **The above discounts are only given through Jan 7, 2018.**

## Refunds

Refunds are handled on a case-by-case basis and are subject to a \$40 registration fee which is already included in tuition. No refunds are given after the third week of classes. Tuition cannot be carried over to a later session. There is a \$30 fee for all returned checks. **Please note that refund policies are firm.**

## Refunds for Workshops

No refunds for workshops are given unless we receive your cancellation request more than one week before the beginning of the workshop. Crofton Yoga reserves the right to cancel a workshop at any time. Space is limited.

**Advanced Training Programs** are subject to administrative fees upon cancellation. Please see individual training descriptions for details on refunds.

## Make-ups

Missed classes can be made up at any time during the current session, but not carried over to another session. You may also bring a friend or family member to class as your make-up.

**410-451-1625**

**yoga@croftonyoga.com**

**www.croftonyoga.com**



# Winter 2018 Schedule

**Jan. 2-Mar. 31, 2018**  
**13 weeks**

**www.croftonyoga.com**

**2431 Crofton Lane, #11**

**Crofton, MD 21114**