

Wainwright House Yoga & Movement Classes

Spring/Summer 2016 Schedule (April – August)

Revised 4.1.16

Classes are Wainwright House classes taught by Wainwright House Instructors.

To register, call 914-967-6080 or www.wainwright.org

PAYMENT OPTIONS

1. **Pay Per Series:** Commitment to a specific yoga/movement series. Not transferrable to another class.
2. **Drop-ins \$25:** Drop-ins allowed after class is running with minimum registrants required. **Call to confirm class is running.** Pay in person.
4. **Pro-rates** are available after a series begins. Call to inquire fee.

***Become a Wainwright House Member** at \$300 Donor Level (or above) and receive all Yoga & Movement classes below (not workshops) FREE for the year.

***Important:** Donors must always call to register for class. Your registration for the class counts towards our minimum attendees to run the class.

ALL CLASSES NEED 4 MINIMUM REGISTRANTS TO RUN THE CLASS.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p style="text-align: center;">11:00am-12:00pm Tai Chi for Health (Stu Reis) Spring/Summer Series (8-Week) Apr 25 – Jun 20</p>		<p style="text-align: center;">9:30-10:30am Awaken Gentle Flow Yoga (Kelly McGovern) Spring Series 3 (6-Week) Apr 6-May 11 Late Spring Series (5-Week) May 18–Jun 22 (skip 5/25) Summer Series (4-Week) July 6 - July 27</p>	<p style="text-align: center;">9:30-10:30am Gentle Vinyasa Yoga – NEW! (Kelly McGovern) Spring Series (6-Week) May 5–Jun 16 (skip 5/26) Summer Series (4-Week) July 7 – July 28</p>		<p style="text-align: center;">10:30am-11:30am Basic Yoga (Kelly McGovern) Wtr/Spring Series 3 (6-Week) Apr 9 – May 14 Late Spring Series (6-Week) May 21-June 25 Summer Series (4-Week) July 9- July 30</p>	NO CLASSES
<p style="text-align: center;">12:30-1:30pm Flow & Meditate – NEW! (Sonya Sanmateu) Spring Series (6-Week) May 2 – June 13 (skip 5/30) Summer Series (6-Week) June 20 – Aug 1 (skip 7/4)</p>	<p style="text-align: center;">11:30am-12:30pm Yoga for a Pain Free Body & Stress Free Mind (Athina Pride) Spring Series 1 (6-Week) Apr 5-May 10 Spring Series 2 (6-Week) May 17-Jun 21 Summer Series (6-Week) Jun 28 - Aug 2</p>	<p style="text-align: center;">11:00am-12:00pm Tai Chi for Health (Stu Reis) Spring Series (6-Week) Apr 6- May 11 Summer Series (6-Week) May 18 – June 22</p>		<p style="text-align: center;">11:00am-12:00pm Gentle Restorative Yoga (Sonya Sanmateu) Spring Series 1 (6-Week) April 22 - May 27 Summer Series 1 (6-Week) June 3 – July 8 Summer Series 2 (6-Week) July 15 – Aug 19</p>		
<p style="text-align: center;">5:00-6:00pm Tai Chi for Health – NEW! (Stu Reis) Spring/Summer Series (7-Week) May 2 – Jun 20 (skip 5/30)</p>			<p style="text-align: center;">6:30pm-7:30pm Kundalini Yoga & Meditation (Mandeep Kaur Khalsa) Wtr/Spring Series 3 (6-Week) Apr 7 – May 12</p>		<p style="text-align: center;">3:00-4:00pm Tai Chi for Vitality & Balance – NEW! (Ron Kendricks) Spring Series (6-Week) May 7 – June 11 Summer Series (6-Week) June 18 – July 23</p>	
<p style="text-align: center;">6:30pm-7:30pm Qigong: Mindful Movement & Breathing (Dana McAvity) Spring Series (6-Week) May 2 – June 6</p>			<p style="text-align: center;">7:30-8:30pm Belly Dancing – NEW! (Aszmara) Spring Series (4-Week) May 12 – June 9 (skip 5/26) Summer Series (4-Week) June 16 – July 7</p>			

*WAINWRIGHT HOUSE IS CLOSED ON THE FOLLOWING HOLIDAYS AND NO CLASSES HELD: Memorial Day (May 30); Independence Day (July 4)

Wainwright House ▪ 260 Stuyvesant Avenue ▪ Rye, NY 10580 ▪ (914) 967-6080 ▪ www.wainwright.org