

Wainwright House Yoga & Movement Classes

Winter/Early Spring 2016 Schedule

Revised 2.4.16

January 11 – May 14, 2016

Classes are Wainwright House classes taught by Wainwright House Instructors.

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

PAYMENT OPTIONS

- Pay Per Series:** Commitment to a specific yoga/movement series. Not transferrable to another class. **Fee: 6-Week Series \$108 (Member): \$120 (Non-Member)**
- Drop-ins:** Drop-ins allowed after class is running with minimum registrants required. Call to confirm class is running. Pay in person. **Fee: \$25**
- Pro-rates** are available after a series begins. Call to inquire fee. Pay in person.

***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
	9:30am-10:30am Basic Yoga (Kelly McGovern) Series 1 (6wks) Jan 12-Feb 16 Series 2 (6wks) Feb 23-Mar29 Series 3 (6wks) Apr 5-May 10	9:30-10:30am Awaken Gentle Flow Yoga (Kelly McGovern) Series 1 (6wks) Jan 13-Feb17 Series 2 (6wks) Feb 24-Mar 30 Series 3 (6wks) Apr 6-May 11			10:30am-11:30am Basic Yoga (Kelly McGovern) Series 1 (6wks) Jan 16-Feb 20 Series 2 (6wks) Feb 27-Apr 2 Series 3 (6wks) Apr 9 – May 14	
11:00am-12:00pm Tai Chi for Health (Stu Reis) Series 1 (6wks) Jan 11-Mar 7 Series 2 (6wks) Mar 14 – Apr 18	11:30am-12:30pm Yoga for a Pain Free Body & Stress Free Mind (Athina Pride) Series 1 (6wks) Jan 12-Feb16 Series 2 (6wks) Feb 23-Mar 29	11:00am-12:00pm Tai Chi for Health (Stu Reis) Series 1 (6wks) Jan 13-Feb 17 Series 2 (6wks) Feb 24-Mar 30 Series 3 (6wks) Apr 6 – May 11		11:00am-12:00pm Gentle Restorative Yoga (Sonya Sanmateu) Series 1 (6wks) Jan 15-Feb 19 Series 2 (6wks) Feb 26-Apr 1		
6:30pm-7:30pm Qigong (Dana McAvity) ONE SERIES 6-weeks March 14 – April 25			6:30pm-7:30pm Kundalini Yoga & Meditation (Mandeep Kaur Khalsa) Series 1 (6wks) Jan 14 – Feb 18 Series 2 (6wks) Feb 25-Mar31 Series 3 (6wks) Apr 7 – May 12			

THINGS TO KNOW:

- Most classes are held in the Main House at 260 Stuyvesant Avenue. Check the chalkboard at Front Desk for up-to-date room locations. Rooms are subject to change.
- All payees must always check-in at the Main House Front Desk 10-min prior to class. Please do not go to class before checking in at Front Desk.

***WAINWRIGHT HOUSE IS CLOSED ON THE FOLLOWING HOLIDAYS AND NO CLASSES HELD:
 January 18 (Martin Luther King); February 15 (President's Day)**