Yoga, T'ai Chi, Qi Gong

Classes at BLUEBERRY GARDENS

237 Ashton Rd, Ashton, MD. 20861 (Rt 108)

www.blueberrygardens.org

YOUR FIRST CLASS IS ALWAYS FREE

DAY	TIME	CLASS LEVEL	DATES	TEACHER	FEE	WEEKS
Mon	6 – 7:15 PM	Gentle Yoga	Jan 4 – March 22	Deborah Boggs	$144	12
	7:30-9 PM	Yoga I/II	Jan 4 – March 22	Deborah Boggs	$180	12
Tues.	5:45 – 7:15 PM	Yoga I	Jan 5 – March 23	Debbie Martin	$180	12
	7:30-9 PM	Yoga I/II	Jan 5 – March 23	Debbie Martin	$180	12
Wed.	9:30- 11 AM	GentleYoga I	Jan 6 – March 24	Anne Lamberty	$180	12
	6:00 – 7:00 PM	T'ai Chi	Jan 6 – March 24	Katheryn Yasuoka	$132	12
Thurs	9:30-11 AM	Yoga I	Jan 7 – March 25	Debbie Martin	$180	12
	11:15 AM-12:45 PM	Gentle Yoga	Jan 7 – March 25	Debbie Martin	$180	12
	6:15 – 7:45 PM	Yoga I	Jan 7 – March 25	Deborah Boggs	$180	12
Fri	9:15 – 10:15 AM	Qi Gong	Jan 8 - March 5 (no class Feb 5)	Jessica Koch	$110 $95(>65 yo)	8

Drop-in fee $16/class for 1- 1.25 hr classes, $18/class for 1.5 hour classes.
First class always FREE for new students. Make up yoga classes in any other yoga class. We follow the Montgomery County School schedule for closing for inclement weather.

OUR TEACHERS

Deborah Boggs: Registered Yoga Teacher 500 Level, Anusara Inspired Teacher
Body Balance Certified Yoga Therapist
301-570-5468, BlueberryGardens@Verizon.net

Debbie Martin: Registered Yoga Teacher 500 Level
301-854-0767, Debbie.Martin@BlueberryGardens.org

Anne Lamberty: Registered Yoga Teacher, 200 Level
410-579-2207, Anne.Lamberty@BlueberryGardens.org

Jessica Koch: Certified Medical Qi Gong Instructor
240-462-9103, Jessica.Koch@BlueberryGardens.org

Katheryn Yasuoka: T'ai Chi Instructor, Registered Movement Educator, 301-924-0487
Katheryn.Yasuoka@BlueberryGardens.org

MAIL REGISTRATION FORM TO:
Blueberry Gardens
237 Ashton Rd. Ashton, MD. 20861

Name _____ Phone _____
Address_____
Email _____ Amount Paid _____

Class Day _____ Class Time _____How did you hear about us? _____

Please do not make checks out to Blueberry Gardens. Make the check out to the teacher of your class.