



2006 Class Schedule

All classes are held at Yoga Tales' Bethesda studio

8020 Norfolk Avenue
Bethesda, MD 20814
(301) 951-9642
www.yogatales.com

Pig Tails	Ages 2-3
Parent-Child	
Fish Tails	Ages 3-5
Puppy Tails	Ages 6-8
Lion Tails	Ages 8-10
Cat Tails	Ages 6-10
Tween	Ages 10-13
Teen	Ages 13-18
Mother-Daughter	Ages 8-up
Family Yoga	Ages 3-up

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:15-11:00 Pig Tails <i>Tali</i>	9:30-10:30 Adult Yoga <i>Edie</i>	9:30 - 10:15 Fish Tails <i>Liz</i>	9:30-10:15 Fish Tails <i>Sarah</i>	Ask about our School Field Trips!	*****	*****
12:00-1:15 BabyNMe <i>Angela</i> <i>Starting March</i>	10:45 - 12:00 Ask about our Wellness Workshops <i>and</i> <i>check our website for details</i>	10:30 - 11:15 Pig Tails <i>Liz</i>	10:30 - 11:15 Pig Tails <i>Sarah</i>		11:00 - 12:30 Yoga Tales Birthday Party *****	11:00-12:30 Yoga Tales Birthday Party *****
	1:00-2:00 Adult Yoga	Ask about our Yoga for Homeschooling All Ages Welcome	1:00 - 1:45 Fish Tails <i>Sarah</i>	1:00 - 2:00 Adult Yoga	***** 1:30-3:00 Yoga Tales Birthday Party *****	***** 1:30-3:00 Yoga Tales Birthday Party *****
4:15-5:00 Fish Tails	4:30-5:15 Teen <i>Sara</i>	3:15-4:00 Tween <i>Sara G.</i>			4:00-5:00 Family Yoga <i>Edie</i>	3:30-5:00 Yoga Tales Birthday Party *****
5:15-6:00 Cat Tails		4:15-5:00 Fish Tails <i>Melinda</i>			5:15-6:15 Mother/Daughter <i>Edie</i>	
		5:15-6:00 Lion Tails <i>Meilinda</i>	5:30 - 6:30 Mother/Daughter	***** 6:30 - 8:00 Yoga Tales Birthday Party *****		
7:00-8:15 Adult Yoga <i>Angela</i>	7:00-8:15 Adult Yoga <i>Edi</i>	7:00 - 8:00 Family Yoga	7:00-8:15 Adult Yoga <i>Angela</i>			

*****Celebrate your child's Birthday at Yoga Tales!*****

Call to reserve a mat!

If you can't find a class to meet your needs, Yoga Tales will create a new class for 4 or more friends.