

winter '22 schedule

Winter Term: 12 week term

Begins week of January 3, 2022

Last classes on March 26, 2022

Cost:

1 class \$198 (\$210 after December 20)

2 classes \$356.40 (\$378 after December 20)

Level IV-V (2 hr) \$216 (\$228 after December 20)

Make checks payable to Paxson Yoga Center

Key to Teachers:

Beth Paxson, LMT, E-RYT

Julie Gudmestad, PT, E-RYT

Christina Bernunzio, CPT, RYT

Laila Deardorff, MSPT, CIYT, E-RYT

Hope Fyfield, PT, E-RYT

Laura Goff, LAc, RYT

Karen Hearn, CIYT

Denise Jones, RYT

Caroline Klug, PTA, RYT

Classes will be in the hybrid model (choice of in-studio or on Zoom/recording), except those indicated with an 'O' (online only)

BEGINNING LEVELS

Day	Level	Time	Studio	Instructor
Monday	I	9:30 am - 11:00 am	A	Hope
Wednesday	I	11:30 am - 1:00 pm	B	Hope
Saturday	I	10:00 am - 11:30 am	A	Hope
Monday	II	11:30 am - 1:00 pm	A	Hope
Monday	ABeg.	6:00 pm - 7:30 pm	O	Denise
Tuesday	ABeg.	9:00 am - 10:30 am	O	Hope
Wednesday	II	9:30 am - 11:00 am	B	Laura
Wednesday	II	6:00 pm - 7:30 pm	B	Christina
Thursday	II	11:30 am - 1:00 pm	A	Laura
Thursday	ABeg.	6:00 pm - 7:30 pm	O	Caroline
Friday	II	10:00 am - 11:30 am	A	Laila
Friday	II	10:00 am - 11:30 am	B	Beth
Tuesday	II-III	7:00 am - 8:30 am	A	Hope

DROP-IN CLASSES

Day	Level	Time	Studio	Instructor
Saturday	ABeg.	9:00 am - 10:30 am	B	Denise

(Use your drop-in pass to attend this class)

Bold indicates new class, teacher, time or level change

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ATHLETES INTERMEDIATE LEVELS

Day	Level	Time	Studio	Instructor
Wednesday	AIII-IV	6:30 pm - 8:00 pm	A	Beth

INTERMEDIATE LEVELS

Day	Level	Time	Studio	Instructor
Monday	III	9:30 am - 11:00 am	B	Karen
Tuesday	III	9:30 am - 11:00 am	A	Denise
Tuesday	III	6:00 pm - 7:30 pm	A	Beth
Wednesday	III	9:30 am - 11:00 am	A	Hope
Friday	III	12:00 pm - 1:30 pm	A	Beth
Saturday	III	8:00 am - 9:30 am	A	Hope
Monday	III-IV	6:00 pm - 7:30 pm	A	Caroline
Tuesday	III-IV	11:30 am - 1:00 pm	A	Julie
Wednesday	III-IV	11:30 am - 1:00 pm	A	Beth
Wednesday	Int.	5:30 pm - 7:00 pm	O	Julie
Friday	III-IV	8:15 am - 9:45 am	A	Laila
Thursday	IV-V	5:30 pm - 7:30 pm*	A	Julie

*Cost for the 2 hour class is \$228 after December 20

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GUDMESTAD
YOGA TRADITION

Paxson Yoga Center

6840 S. Macadam Ave. • Portland, OR 97219

Phone: (503)223-8157 • Fax: (503)907-7779

www.paxsonyogacenter.com