

ANNOUNCEMENTS AND UPDATES:

- For the Summer term, the Monday evening class will be merged with the Wednesday evening class, 6:30 to 8:00, and the two Saturday morning classes will be merged to a multi-level class, 9:00 to 10:30.
- Already taking registrations for the Fall weekend at Temenos – see below.



JULY 13 — AUGUST 21



YOGA CLASSES at the
CONGREGATIONAL CHURCH OF WEST MEDFORD
400 High Street (Route 60) 02155

MONDAYS, 6:30 – 8:00 pm, Multi-level
This class will resume in September.

WEDNESDAYS, 6:30 – 8:00 pm, Multi-level
\$80 for 6-class series; \$15/drop-in

SATURDAYS, 9:00 – 10:30 am, Multi-level
\$80 for 6-class series; \$15/drop-in

SATURDAYS, 10:30 – 11:30 am, Level 1
This class will resume in September.

H'OM YOGA CLASSES, West Medford Studio
Class size is limited to six students, ensuring individual attention. *Series registration only -- missed classes may be made up in Judy's Church classes.*

TUESDAYS, 6:00 to 7:30 pm (multi-level)
7/13, 20; 8/10, 17, \$100/4 classes; \$25/drop-in, space permitting

FRIDAYS, 9:30 to 11:00 am (multi-level)
Please call for startup date.

WORKSHOPS & RETREATS:

3-HOUR RESTORATIVE WORKSHOP AT H'OM YOGA
August 8, 11 am to 2 pm (description on next page)
All levels welcomed to experience lingering time for slow, easy stretching, legs up the wall, reclining poses, breath meditations. Limited to 5 students, \$75.

TEMENOS RETREAT, WESTERN MASS.

Friday evening, October 1 – Sunday afternoon, October 3. Enjoy a weekend of renewal with yoga, meditation, hiking, and the company of other spirited people at this rustic, pristine and beautiful mountain retreat center. \$300 -- \$360 for weekend package. Cabin assignment on a first come, first served basis, so register early to assure your lodging preference.

Registration: For Congregational Church and H'Om Yoga classes, and retreats, please make and send check to: *Judy Scribner-Moore, 159 Jerome Street, Medford 02155.*

Policies: Space permitting, new students may join classes at any time on a drop-in basis or with the term tuition prorated. Missed classes may be made up in any of Judy's Congregational Church classes during the same term. No refunds may be issued after the start of the term, and tuition may not be transferred to other students.

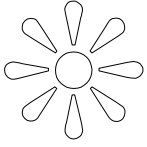
OTHER CLASSES:

YOGA IN WELLESLEY, TUESDAYS, June 15 – August 8

Intermediate: 9:45 – 11:15 am, \$80 for 8 classes
Beginner: 11:30 am – 12:30 pm, \$56 for 8 classes
Please register with the Council (781-235-3961).

S.T.E.P CLASS at the Medford Family Network will resume in the Fall.

GIFT CERTIFICATES AND PRIVATE SESSIONS are available. Private Sessions at H'Om Yoga are \$75 each or \$200 for series of 3 taken within 3 months.



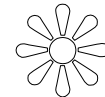
RESTORATIVE RETREAT

at

H'Om YOGA

with Judy Scribner-Moore

SUNDAY, AUGUST 8th



11 a.m. to 2 p.m.

You are invited to relax, nourish and renew with a three-hour retreat in Judy's beautiful H'Om Yoga Studio, high up in the trees of West Medford. We'll focus primarily on slow, easy stretching, reclining and supported sitting, and breath-focused meditation.


Student evaluations frequently cite savasana as "the *best* part of class." However, because of seemingly endless responsibilities and infinite, potential distractions, it is challenging for many of us to stop and "do nothing", to take time to restore and nourish ourselves.

In this workshop we will explore how restoration of natural breathing rhythms and awareness of everyday posture can help us find the restorative qualities of savasana with our eyes open, in any activity throughout the day. We will discover our potential to step back from the automaticity of our over-scheduled lives, to take inventory of ourselves where ever we are. When we take pause, even moments at a time, we develop clarity of focus and discernment and the ability to re-calibrate priorities. Through this we experience a profound sense of peace and renewal.

Space is limited to five students. All levels of experience are welcome. To reserve your space, please *make and mail your check for \$75 to:*

Judy Scribner-Moore, 159 Jerome Street, Medford 02155.

www.yogawithjudyscribner.com

 781-488-7664