

GIFT CERTIFICATES are available in any amount for group classes, private sessions and Thai yoga bodywork – *please order early for the holidays!*



SEPTEMBER 4 – DECEMBER 22



THE H'OM STRETCH studio at the West Medford Community Center
111 Arlington Street, West Medford
Class size is limited to 13 students.

MONDAYS, 6:00 – 7:30 pm, Multi-level
\$260 for 13-class series; \$22/drop-in
No class 10/8 and 11/12
[SIGN UP HERE](#)

10-CLASS CARDS for \$210 are valid for four months. For redemption at Judy's H'Om, students are asked to pay the \$6 difference between per class cost at H'Om Stretch and Judy's H'Om.

JUDY'S H'OM studio at
159 Jerome Street, West Medford
Class size is limited to 7 students.

TUESDAYS, 6:00 – 7:30 pm, Multi-level
Series 1: 9/4 – 10/16 7 classes, \$175
Series 2: 10/23 – 12/11* 8 classes, \$200
**No class 12/18*
[SIGN UP HERE](#)

WEDNESDAYS, 6:00 – 7:30 pm, Multi-level
Series 1: 9/5 – 10/17 7 classes, \$175
Series 2: 10/24 – 12/19 8 classes, \$200
**No class 11/21*
[SIGN UP HERE](#)

SATURDAYS
Series 1: 9/8 – 10/27* 6 classes, \$150
Series 2: 11/3 – 12/22* 7 classes, \$175

8:45 – 10:15 am, Intermediate
[SIGN UP HERE](#)

10:30 am – 12:00 pm, Mixed Level
[SIGN UP HERE](#)
**No Saturday classes 10/6 and 20, 11/24*

Drop-in (space permitting) at Judy's H'Om is \$27.

PRIVATE LESSONS at Judy's H'Om Studio
75-minute sessions: \$120 each, or \$300 for a series of three sessions taken within three months.
IN-YOUR-HOME APPOINTMENTS: \$150

THAI YOGA BODYWORK is a unique and highly effective form of body therapy that combines myofascial stretching, joint mobilization, acupressure, energy balancing, rhythmic deep tissue compression, soft tissue manipulation, assisted yoga asana, and meditative breathing techniques.
\$120 for 90-minute session

Registration: For H'Om classes, workshops and bodywork, please send check to: **Judy Scribner-Moore, 159 Jerome St., Medford 02155**

Policies: Space permitting, students may join Medford classes at any time for the term or on a drop-in basis. *With at least 24 hours' notice of cancellation via Signup Genius*, students may register for a make-up class during the same term at H'Om Stretch or Judy's H'Om, paying any difference between class prices. *No refunds are issued after start of term.*

Other Classes

YOGA FOR HEALTHY AGING, WEST MEDFORD
WEDNESDAYS, 10:00 – 11:15 am
Sanctuary, 458 High Street
Series 1: 9/5 – 10/24 \$160 for 8 classes
Series 2: 10/31 – 12/19* \$140 for 7 classes
[SIGN UP HERE](#) \$25/drop-in * No class 11/21

YOGA AT THE WELLESLEY COA 781-235-3961
Tuesdays, 9:30 – 11:00 am, 11:15 am – 12:45 pm
Series 1: 9/11 – 10/30, 8 classes
Series 2: 11/13 – 12/18, 6 classes
[SIGN UP HERE](#)

RESILIENT AND MINDFUL PARENTING, Medford
Mondays, 10/15 – 12/23. Please call Judy for info.