

- **WINTER TERM ENDS** Monday March 12. **SPRING TERM BEGINS MONDAY APRIL 2**
- **PLEASE REGISTER** for all Medford and Wellesley Classes at [SIGN UP HERE](#) after each class listing, below. For Medford classes you may sign up for the term or for a single class, space permitting.



APRIL 2 – JUNE 30



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
\$220 for 11-class series; \$22/drop-in
4/2 through 6/30 -- No classes 4/16 and 5/28
[SIGN UP HERE](#)

10-CLASS CARDS for \$210 are valid for 4 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: 4/3 – 5/15*, 6 classes, \$150
Series 2: 5/22 – 6/26, 6 classes, \$150
*No class 4/17
[SIGN UP HERE](#)

WEDNESDAYS, 6:00 – 7:30 pm, Multi-level
Series 1: 4/4 – 5/16*, 6 classes, \$150
Series 2: 5/23 – 6/27, 6 classes, \$150
No class 4/18
[SIGN UP HERE](#)

SATURDAYS
Series 1: 4/7 – 5/19*, 6 classes, \$150
Series 2: 6/2 – 6/30, 5 classes, \$125

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

10:30 am – 12:00 pm, Mixed Level
[SIGN UP HERE](#)
*No Saturday classes 4/21 and 5/26

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

PRIVATE SESSIONS at H'Om Yoga
75-minute sessions: \$95 each, or \$250 for a series of 3 sessions taken within 3 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, acupuncture, energy balancing, rhythmic deep tissue compression, soft tissue manipulation, assisted yoga asana, and meditative breathing techniques. \$120 for 90 minutes

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

Policies: Space permitting, students may join classes at any time for the term or on a drop-in basis, with term tuition prorated for *new* students. Students may opt out of a class selected via online scheduling with *at least 24 hours' prior notice* and re-register to make up that class during the same term at H'Om Stretch or Judy's H'Om, paying any difference between class prices. *No refunds will be issued after the start of the term.*

OTHER CLASSES

GENTLE YOGA IN WEST MEDFORD

WEDNESDAYS, 10:00 – 11:15 am

At Sanctuary, 458 High Street

Series 1: 4/4 – 5/23 \$140 for 7 classes

Series 2: 5/30 – 6/27 \$100 for 5 classes

\$25/drop-in

[SIGN UP HERE](#)

YOGA AT THE WELLESLEY COA 781-235-3961

Tuesdays, 9:30 – 11:00 am, 11:15 am – 12:45 pm

4/3 – 4/24 (makeup, if needed, Friday 4/27) \$40

[SIGN UP HERE](#)

RESILIENT PARENTING CLASSES in Medford

Mondays, 4/2 – 5/21, 9 – 10:30 am. Call for info.