

- **GIFT CERTIFICATES** are available in any amount for group classes, private sessions or Thai Yoga Bodywork – *please order early for the holidays!*
- **PLEASE REGISTER FOR H'OM CLASSES** via Signup Genius where it says [Sign Up Here](#) after each class listing, below. You may sign up for the term or for a single class.



**SEPTEMBER 5 – DECEMBER 16**



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

**MONDAYS, 6:30 – 8:00 pm**, Multi-level  
\$235 for 13-class series; \$20/drop-in  
*No class 10/9*  
[Sign Up Here](#)

**10-CLASS CARDS** for \$190 are valid for 4 months. For redemption at Judy's H'Om, students are asked to pay the \$8 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: 9/5 – 10/24\*, 8 classes, \$200  
Series 2: 11/7– 12/12, 6 classes, \$150  
*No class 10/31*  
[Sign UP Here](#)

**WEDNESDAYS, 6:00 – 7:30 pm**, Multi-level  
Series 1: 9/6 – 10/25, 8 classes, \$200  
Series 2: 11/1 – 12/13\*, 6 classes, \$150  
*No class 11/22*  
[Sign UP Here](#)

**SATURDAYS**  
Series 1: 9/9 – 10/28\*, 7 classes, \$175  
Series 2: 11/4 – 12/16\*, 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 10/7, 11/11 and 25*

**Drop-in (space permitting) at Judy's H'Om is \$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 there may be between class prices. *No refunds issued after the start of the term.*

**OTHER CLASSES**

**CHAIR YOGA IN WEST MEDFORD**  
**WEDNESDAYS, 10:00 – 11:15 pm**  
At Sanctuary, 458 High Street  
Series 1: 9/6 – 10/25 \$160 for 8 classes  
Series 2: 11/1 – 12/13\* \$100 for 5 classes  
\$25/drop-in \* *No class 11/22*

**YOGA AT THE WELLESLEY COA** 781-235-3961  
**Tuesdays, 9:30 – 11:00 am, 11:15 am – 12:45 pm**  
Series 1: 10/3 – 10/31\*, 5 classes, \$75  
Series 2: 11/7 – 12/12, 6 classes, \$90

*\*Registration with COA begins 9/27 and 29, for residents and nonresidents, respectively.*