



# HOUSTON IYENGAR YOGA S • T • U • D • I • O

SPRING STREET STUDIOS | 1824 Spring Street #207 | Houston, TX 77007 | [www.houstoniyengaryogastudio.com](http://www.houstoniyengaryogastudio.com) | 713.527.9100

## December 2023 • Class Schedule • Dec. 2–30

All classes are in-person unless otherwise noted. For Zoom links, please email Constance. [constancebraden@mac.com](mailto:constancebraden@mac.com)  
Some individual classes will be canceled, so please read the schedule carefully. Fees are listed below.

### Dec 2 Saturday

7:30 Pranayama | Constance  
8:30 Level 2 | Constance  
10:30 Level 1 | Jimena

### Dec 3 Sunday

3:00 Level 2 | Jimena

### Dec 4 Monday

11:00 50+ | Constance  
6:00 Level 2 | Jimena (Zoom)

### Dec 5 Tuesday

11:00 Level 2 | Constance  
6:00 Level 2 | Joyce (Zoom)

### Dec 6 Wednesday

All classes cancelled.

### Dec 7 Thursday

9:15 cancelled  
11:00 cancelled  
6:00 Level 2 | Joyce (Zoom)

### Dec 8 Friday

10:00 cancelled

### Dec 9 Saturday

7:30 Pranayama | Jimena  
8:30 Level 2 | Jimena  
10:30 Level 1 | Jimena

### Dec 10 Sunday

3:00 Level 2 | Jimena

### Dec 11 Monday

11:00 50+ | Constance  
6:00 Level 2 | Jimena (Zoom)

### Dec 12 Tuesday

11:00 Level 2 | Constance  
6:00 Level 2 | Joyce (Zoom)

### Dec 13 Wednesday

11:00 Level 1 | Constance  
6:00 Level 1 | Constance

### Dec 14 Thursday

9:15 Level 2 | Constance  
11:00 50+ | Constance  
6:00 Level 2 | Joyce (Zoom)

### Dec 15 Friday

10:00 cancelled

### Dec 16 Saturday

7:30 Pranayama | Constance  
8:30 Level 2 | Constance  
10:30 Level 1 | Jimena

### Dec 17 Sunday

3:00 Level 2 | Jimena

### Dec 18 Monday

11:00 50+ | Constance  
6:00 cancelled

### Dec 19 Tuesday

11:00 Level 2 | Constance  
6:00 Level 2 | Joyce (Zoom)

### Dec 20 Wednesday

11:00 Level 1 | Constance  
6:00 Level 1 | Constance

### Dec 21 Thursday

9:15 Level 2 | Constance  
11:00 50+ | Constance  
6:00 cancelled

### Dec 22 Friday

10:00 cancelled

### Dec 23 Saturday

7:30 Pranayama | Constance  
8:30 Level 2 | Constance  
10:30 cancelled

### No classes Dec 24, 25, 26.

### Dec 27 Wednesday

11:00 Level 1 | Constance  
6:00 Level 1 | Constance

### Dec 28 Thursday

9:15 Level 2 | Constance  
11:00 50+ | Constance  
6:00 cancelled

### Dec 29 Friday

10:00 cancelled

### Dec 30 Saturday

7:30 Pranayama | Constance  
8:30 Level 2 | Constance  
10:30 Level 1 cancelled

### No classes Dec 31, Jan 1 & 2.

### FEES

1-3 classes \$25 each

4 or more classes, paid in advance, \$20 each

FREE INTRO CLASSES WILL BE HELD JAN 3, 6, AND 8.  
WINTER/SPRING SESSION BEGINS JAN 9.

Please pay by cash or check. Bring to your first class at the studio, or mail a check to:

Constance Braden  
920 Damon Court  
Houston TX 77006