

- **SUMMER SPECIAL!** Thai Yoga Bodywork at Judy's H'Om for \$100 – day and evening appointments
- **GIFT CERTIFICATES** available in any amount for group classes, private sessions or Thai Yoga Bodywork



JULY 2 – AUGUST 21



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
7 classes, 7/2 – 8/20, \$140, \$22/drop-in
No class 8/6
[SIGN UP HERE](#)

10-CLASS CARDS for \$210 are valid for 3 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
6 classes, 7/10 – 8/14, \$150
No class 7/3
[SIGN UP HERE](#)

WEDNESDAYS, 6:00 – 7:30 pm
6 classes, 7/11 – 8/15, \$150
No class 7/4
[SIGN UP HERE](#)

SATURDAYS, 8:45 – 10:15 am, Intermediate
6 classes, 7/7 – 8/18* \$150
[SIGN UP HERE](#)

SATURDAYS, 10:30 am – 12:00 pm, Mixed Level
6 classes, 7/7 – 8/18* \$150
[SIGN UP HERE](#)

*No Saturday classes 8/4

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

PRIVATE SESSIONS at Judy's H'Om Yoga
75-minute sessions: \$120 each, or \$300 for
a series of 3 sessions taken within 3 months.

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. **SUMMER SPECIAL, \$100**

Registration: For all 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 per class prices. *No
refunds are issued after the start of the term.*

OTHER CLASSES

GENTLE YOGA IN WEST MEDFORD

WEDNESDAYS, 10:00 – 11:15 am
6 classes, 7/11 – 8/15, \$120; \$25/drop-in, space
permitting, at Sanctuary, 458 High Street
[SIGN UP HERE](#)

YOGA AT THE WELLESLEY COA 781-235-3961
7 Tuesdays, 7/3 – 8/21; no classes 8/7
9:30 – 11:00 am and 11:15 am – 12:45 pm
All experience levels and abilities welcome
[SIGN UP HERE](#)

CLASSES FOR RESILIENT PARENTING, Medford
These classes will resume in the fall.