

PLEASE REGISTER FOR H'OM CLASSES via Signup Genius, clicking on [Sign Up Here](#) after each class listing, below. You may sign up for the term or a single class, space permitting.



JANUARY 6 – MARCH 12



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
\$160 for 8-class series; \$22/drop-in
No classes 1/15, 2/19
[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 \$7 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
1/9 – 3/6, 9 classes \$225
Drop-in, \$27
[Sign Up Here](#)

WEDNESDAYS, 6:00 – 7:30 pm, Multi-level
1/10 – 3/7, 9 classes, \$225
Drop-in, \$27
[Sign Up Here](#)

SATURDAYS*
1/6 – 3/10*, 9 classes, \$225

8:45 – 10:15 am, Intermediate
[Sign Up Here](#)

10:30 am – 12:00 pm, Mixed Level
[Sign Up Here](#)

Drop-In, \$27

***No Saturday classes 2/17**

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

Registration: For all classes, workshops and body work, 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: 1/10 – 3/7 \$180 for 9 classes

\$25/drop-in. *Please call or write to Judy to register.*

YOGA AT WELLESLEY COA 781-235-3961

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

*Series 1: 1/9 – 2/27, 8 classes, \$120

**Series 2: 4/3 – 4/24, 5 classes

*Registration begins 1/4 and 1/5.

No classes in March – **TIME FOR HOME PRACTICE!

RESILIENT PARENTING CLASSES in Medford

Mondays, 1/15 – 3/12. Please call Judy for info.