

## LIVESTREAM YOGA

All classes are 60-75 mins starting at 9:30am

Mon	Tue	Wed	Thu
Slow Flow	Vinyasa Flow	Yoga Sculpt	Vinyasa Flow
Stacey	MaryAnn	Megan	MaryAnn

Fri	Sat	Sun
Yin Yoga	Vinyasa Flow	Vinyasa Flow
Stacey	Megan	MaryAnn

### Curriculum

- ***The first 10mins of each class is a brief conversation to set the tone.***  
The teacher will work to activate your inner-healing mechanisms and alter your consciousness for a greater sense of health, peace and happiness.
- ***The next 45mins is active yoga.***  
The forum will be teacher only, with all sound and video muted for participants.
- ***The last 10-20mins is shavasana and open dialogue.***  
Voice and video will be unmuted for a short, uplifting closure to the class.

### MindBody Registration

Register at [www.kurstudios.com](http://www.kurstudios.com) or call 732-361-8956.  
After you appear in our MindBody roster, we will separately email you a link to Zoom with instructions.

All classes will be recorded. If you registered and paid, and miss the live class, a link will be emailed to you to of the recorded class, which will be available for 24 hours.

### Yoga Class Pricing

Drop-In: **\$15**

10-Class Pack: **\$125** (\$12.50 each)

20-Class Pack: **\$225** (\$11.25 each)

1-Month Unlimited: **\$90** (or **\$79** in our Club)

First-Month Unlimited: **\$45** (new students)