

DECEMBER 2018

MANY CLASSES UTILIZE OUR UNIQUE YOGA WALL

Mondays

9:15 - 10:15 am Yin Yoga Stacey

Tuesdays

9:30 - 10:30 am Vinyasa Flow Ryan
6:00 - 7:00 pm Gentle Yoga Suzy

Wednesdays

9:15 - 10:15 am Vinyasa Warm Flow  Megan
6:00 - 7:00 pm Vinyasa Flow Tee

Thursdays

9:30 - 10:30 am Vinyasa Flow Megan
6:00 - 7:00 pm Gentle Yoga Suzy

Fridays

9:15 - 10:15 am Vinyasa Warm Flow  Stacey

Saturdays

9:00 - 10:00 am Gentle Yoga Ryan
10:15 - 11:15 am Vinyasa Flow Trey

Sundays

10:15 - 11:15 am Vinyasa Flow Trey
4:00 - 5:00 pm Meditative Restorative Krista or Shukie

WORKSHOP

Great Yoga Wall with Suzy Macron
Sunday, **December 16**, 1:00-2:30pm, \$35

Yoga Class Pricing

Drop-In: **\$15**

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

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

1-Month Unlimited: **\$90**

Kur Yoga Club **\$79** (4-month min)

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

INTERESTED IN OUR GREAT YOGA WALL?

Gentle Yoga classes use our Great Yoga Wall the most

When Gentle Yoga classes run at seven or fewer students, we typically incorporate our Yoga Wall. This is an amazing way to delve more deeply into therapeutic poses with less pain.

Benefits include: reduced weight on joints such as wrists; greater body awareness; longer times in a posture improves balance and builds core; mobilization of particularly restricted areas such as tight shoulders, hips or hamstrings; inversions for restoration and rejuvenation.