

# JANUARY 2019

## MANY CLASSES UTILIZE OUR UNIQUE YOGA WALL

### **Mondays**

9:15 - 10:15 am Yin Yoga Stacey  
6:00 - 7:00 pm Yoga 101 Preview (1/28 only) Leeanne **FREE**

### **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 **80°** 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 **80°** 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, **February 3rd**, 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** or **\$79** w/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.