

HAPPY NEW YEAR 2022

WELCOME BACK! PRACTICE SAFELY IN-STUDIO

Sundays

9:15 - 10:15 am Gentle Yoga Doreen

Mondays

9:15 - 10:15 am Slow Flow Megan

Tuesdays

9:15 - 10:15 am Vinyasa Flow MaryAnn

Wednesdays

9:15 - 10:15 am Gentle Yoga Megan

Thursdays

9:15 - 10:15 am Vinyasa Flow MaryAnn

Fridays

9:15 - 10:15 am Yin Yoga Doreen

Saturdays

9:15 - 10:15 am Vinyasa Flow Emily

Gentle Yoga (includes our Yoga Wall) is back!

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.

Reservations strongly suggested! Classes can fill or be cancelled – two student minimum (or class is canceled one hour before start)

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)

New Student Package: **\$99** (60-min private + first month)

COVID-19 Safety Matters

NJ mandate states that if you are not fully vaccinated, you must continue to wear a mask indoors. Proof of vaccination will NOT be required. While this will be on the honor system, we must require all who enter our space fully follow the state guidelines in accordance with their vaccination status.

We have always kept our studio exceptionally clean and we will be using cleaning products approved and recommended by the CDC. Our studio has a medical grade air purifier running at all times circulating clean fresh air. Hand sanitizer and disinfectant wipes are provided throughout the studio.