

# KUR YOGA SCHEDULE

## MANY CLASSES UTILIZE OUR UNIQUE YOGA WALL

When **Gentle & Slow 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.

### Sundays

9:15 - 10:15 am	Gentle Yoga	Doreen
10:30 - 11:30 am	Vinyasa Flow	Trey
4:15 - 5:15 pm	Meditative Restorative with Singing Bowls	Olivia or April

### Mondays

9:15 - 10:15 am	Slow Flow	Megan
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### Tuesdays

9:15 - 10:15 am	Yoga for Tight Muscles	Dana
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### Wednesdays

9:15 - 10:15 am	Yin Yoga	Doreen
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### Thursdays

9:15 - 10:15 am	Yoga for Tight Muscles	Dana
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### Fridays

9:15 - 10:15 am	Gentle Yoga	Megan
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### Saturdays

9:15 - 10:15 am	Yoga Fundamentals	Emily
10:30 - 11:30 am	Vinyasa Flow	Megan

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

## WORKSHOPS

**Conquering Low Back Pain** with  
Dr. Kayla & Dr. Allison of [nextlevelptnj.com](http://nextlevelptnj.com)  
Saturday, **February 28**, 12:00-1:00pm,  
**\$25 + bring a friend free!**  
(both must be pre-registered together)

**Great Yoga Wall** by Maggie  
Saturday, **March 16**, 12:00-1:30pm, **\$35**

## Yoga Class Pricing

Drop-In: **\$19**

10-Class Pack: **\$149** (\$14.90 each)

20-Class Pack: **\$249** (\$12.45 each)

1-Month Unlimited: **\$99** (or **\$79** in our Club)

First-Month Unlimited: **\$59** (new students)

Our instructors are attuned to each individual client's experience. Whether this is your first visit to a studio, or you are well on your path, you'll feel at home at Kur. With our instructors' expert coaching and positive re-enforcement, we'll help you understand how to get what you need out of each pose and feel accomplished.