



The Yoga and Healing Center

schedule of classes Fall 2007

1744 East Second St., Scotch Plains, NJ 07076
Phone: 908-322-0003 Fax: 908-322-7641
www.yogaandhealingcenter.com



Monday:

9:15 am - 10:30 am	Open	Clarissa
6:30 pm - 7:45 pm	Ashtanga	Ross
7:45 pm - 8:45 pm	Level I/2 Basic	Clarissa

Tuesday:

9:15 am - 10:30 am	Soul Sweat	Megan
4:00 pm - 4:45 pm	Kids Yoga 5-8 (<i>reg req'd</i>)	Ellyn
7:00 pm - 8:00 pm	Beginners Basic	Kim
7:30 pm - 9:00 pm	Hot Yoga	Val



Wednesday:

9:15 am - 10:45 am	Bikram	Wendy
9:30 am - 10:45 am	Gentle Yoga	Donna
11:00 am - 11:30 am	Meditation	FREE
7:30 pm - 8:45 pm	Soul Sweat	Debbie

Thursday:



9:15 am - 10:30 am	Open	Debbie
9:30 am - 10:15 am	Mini Yoginis (<i>reg req'd</i>)	Ellyn
7:30 pm - 8:45 pm	Ashtanga	Ross
7:30 pm - 9:00 pm	Hot Yoga	Val

Friday:

9:15 am - 10:45 am	Hot Yoga	Val
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Saturday:



8:15 am - 9:30 am	Level 2/3 Open	Clarissa
9:45 am - 10:45 am	Level 1/2 Basic	Clarissa
To Be Announced	Advanced (<i>reg req'd</i>)	Clarissa

Sunday

8:30 am - 10:00 am	Hot Vinyasa	Stacie
9:00 am - 10:15 am	Level 2/3 Open	Clarissa



Welcome to our Yoga Haven. This is your space...Slow down, breathe. Please allow ample time to arrive to class on time. The first few minutes of class are very important for warm up and meditation. Please allow ample time to turn off cell phones, sign in and remove your shoes. Always listen to your body. Go at your own pace. Please let the instructor know if you are experiencing any discomfort or if it is your first class. We want you to have a great experience at The Yoga and Healing Center. Please let us know what we can do for you.
Namaste.

Class Descriptions

Gentle and Beginners (60 minutes)

Explore the basics of yoga in a slower paced, supportive environment. Learn the history of yoga, the importance of breathing, and the basic yoga poses. This is a great class for the person who has been thinking of doing yoga, but doesn't know where to start! The drop in Beginners Class is a great place to learn the fundamentals. You will gain the tools needed to progress to our ongoing classes while strengthening, toning and de-stressing!

Bikram (90 minutes)

Intense workout suited for all levels. 26 poses in 90 degree heated room with high humidity. You will sweat out toxins and tone. Drink plenty of water before and after class. In addition to your mat, bring water, towel and a washcloth. Wear light clothing.

Hot Yoga (90 minutes)

This class is based on sequences of postures designed to strengthen all areas of the body as well as calm the mind. The goal is to bring a deep relaxation response and open the door to a transformational spiritual experience. A consistent practice will create a physical, mental and spiritual harmony that will affect all areas of your life. Be sure to drink water before, during and after class.

Ashtanga (75 minutes)

Vigorous Vinyasa (continuous flow) yoga based on the primary series of Ashtanga. This class is fast paced and although all levels are welcomed, it is recommended to gradually work up to this class.

Basic (60 minutes)

This class reviews the fundamental building blocks of yoga. It is a great class for beginners and those wishing to master their poses.

Open (60 minutes)

This class is open flow, a bit more spiritually and physically challenging. It is appropriate for level 2/3 students who have mastered their basic poses.

Soul/Sweat (75 minutes)

All levels are welcome! This class is a dynamic vinyasa flow with lively music that challenges the body and mind while maintaining a sense of ease, joy, fun and freedom in the body. Expect a great workout and to have fun!

Pricing (Please note our simplified pricing)

All Classes (Includes Hot Yoga and Open)	\$20 single	\$150 (10 Class Card)
Weekly Unlimited For New Students Only	\$25	Includes Unlimited Classes 1 week
Monthly Unlimited	\$145 Open	\$170 Open and Hot Yoga

Yearly Unlimited (Includes All Classes)

\$1300 Prepaid or Monthly Finance Plan Available at \$200 down/ \$109 monthly

Private Instruction

Rates available upon request

A portion of every dollar spent at the Yoga and Healing Center supports various charitable organizations.



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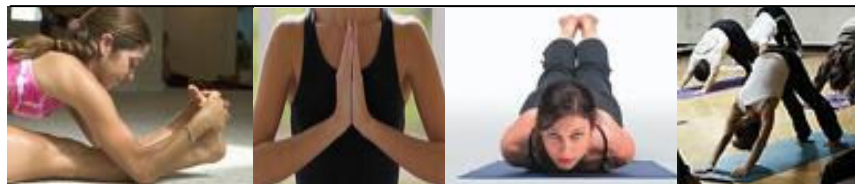
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