



Yoga Schedule

August 2008

688 Haddon Ave. Collingswood ~ www.yogawood.com ~ 856.858.YOGA (9642)

Mondays

9:30 – 10:30 AM	Vinyasa Flow with Jill C \$7 or ½ a class on your card!
11:00 AM - Noon	Baby and Me Yoga with Kim
6:00 – 7:15 PM	Yoga/Pilates with Beth
7:30 – 9:00 PM	Vinyasa Flow Yoga with Beth

Tuesdays

1:00 – 2:30 PM	Yin/Vinyasa Flow with Beth
7:30 – 9:00 PM	Vinyasa Flow with Jill B

Wednesdays

9:30 – 10:30 AM	Yin/Vinyasa Flow with Jill C \$7 or ½ a class on your card!
5:45 – 7:15 PM	Yin Yoga with Jill C
7:30 – 9:00 PM	Vinyasa Flow with Beth

Thursdays

6:00 – 7:00 AM	Early Morning Yoga with Erin
5:45 – 7:15 PM	Vinyasa Flow with Karin
7:30 – 9:00 PM	Gentle Vinyasa Flow with Micki

Fridays

6:00 – 7:30 PM	Vinyasa Flow with John
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Saturdays

8:00 – 9:15 AM	Vinyasa Flow with Lisa
9:30 – 11:00 AM	Vinyasa Flow with Beth

Sundays

9:30 – 11:00 AM	Yin Yoga
11:15AM-12:45 PM	Prenatal Yoga Series call 856.858.YOGA or see www.yogawood.com for details
6:00 – 7:30 PM	Gentle Vinyasa Flow with Jill C
8:00 – 8:45 PM	Meditation with Jonathan Donations accepted!

CLASS DESCRIPTIONS

Baby and Me classes allow parents and their babies under 1 year old to bond, stretch, and move with each other

Gentle Vinyasa Flow classes are great for beginners and anyone looking for a relaxing class with lots of instruction

Meditation offers an opportunity to sit and quiet the mind with others

Prenatal Yoga can provide support and build strength and coping skills in expectant mothers

Vinyasa Flow classes are active, moving meditations that improve strength, balance & coordination

Yin classes have long-held seated postures that allow the deep connective tissue in your joints to gently open

Yin/Vinyasa Flow classes are a sweet combination of Yin and Vinyasa

Yoga/Pilates focus on the body's core strength and combine postures and movements from both disciplines

PRICING:

Regular drop-in classes:

First 3 classes: \$30 (use within 1 month)
1 drop-in class: \$14
5 class card: \$65 (expires in 2 months)
10 class card \$120 (expires in 3 months)
monthly unlimited: \$120
student rate: \$10/class

Baby and Me classes:

1 drop-in class: \$18

Schedule Reiki, Massage, and Shiatsu sessions!
See the Wellness page of our website for information.

www.yogawood.com