



February Collingswood

yogawood

yoga. wellness. community.

688 Haddon Ave. Collingswood, NJ 08108
www.yogawood.com ~ 856.858.YOGA (9642)

Mondays

- 6:00 – 7:00 a.m. Vinyasa Flow with Maiga
- 9:30 – 10:30 a.m. Vinyasa Flow with Maiga **\$7 class!**
- 6:00 – 7:15 p.m. Yoga/Pilates with Rachelle
- 7:30 – 9:00 p.m. Vinyasa Flow Yoga with Beth
- 9:15 – 9:45 p.m. Yoga Nidra with Hilary **_\$7 class!**

Tuesdays

- 9:30 – 10:30 a.m. Vinyasa Flow with Carrie **\$7 class!**
- 1:00 – 2:30 p.m. Yin/Vinyasa Flow with Beth
- 7:00 – 8:30 p.m. Oh, Is It Valentine's Day? Special Drop In Vinyasa with Will Murray. Only on 2/14.**

Wednesdays

- 6:00 – 7:00 a.m. Core Strengthening Yoga with Rachelle
- 9:30 – 10:30 a.m. Vinyasa Flow with Erik **\$7 class!**
- 12:00 – 1:00 p.m. Vinyasa Flow with Louisa **\$7 class!**
- 4:00 – 5:00 p.m. Yoga Basics with Mary **\$7 class!**
- 6:00 – 7:15 p.m. Prenatal Yoga with Kim
- 7:30 – 9:00 p.m. Vinyasa Flow with Beth

Thursdays

- 9:30 – 10:30 a.m. Vinyasa Flow with Karin **\$7 class!**
- 4:00 – 5:00 p.m. Gentle Vinyasa with Lee **\$7 class!**
- 6:00 – 7:15 p.m. Yin Yoga with Erik
- 7:30 – 9:00 p.m. Gentle Vinyasa with Christie

Fridays

- 6:00 – 7:00 a.m. Vinyasa Flow with Maiga
- 9:30 – 10:30 a.m. Vinyasa Flow with Kimberly/Carrie **\$7 class!**
- 2:30 – 4:00 p.m. Yin/Vinyasa Flow with Scott
- 6:00 – 7:30 p.m. Vinyasa Flow with Will

Saturdays

- 8:00 – 9:15 a.m. Vinyasa Flow with Kimberly/Rachelle
- 9:30 – 11:00 a.m. Vinyasa Flow with Beth

Sundays

- 9:30 – 11:00 a.m. Vinyasa Flow with Dee
- 11:15am-12:30pm Prenatal Yoga with Carrie
- 5:15 – 6:00 p.m. Meditation Practice **By donation!**
- 6:00 – 7:30 p.m. Gentle Vinyasa with Marie
- 7:30 – 9:00 p.m. Jnana Yoga: the path of wisdom w/ Kati Brennan **only 2/26**

All Drop-In Classes:

no need to pre-register-- just come!

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

Jnana Yoga classes are dedicated to the study of yoga philosophy.

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

Prenatal Yoga is for people in all stages of pregnancy. Helps prepare the body and mind for the stresses of birth and parenthood! Now offered as drop in classes!

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

Yin Yoga long-held seated postures that allow the deep connective tissue in your joints to gently open. Meditative goodness!

Yoga Basics reinforce basic alignment and safety in your practice. Great for people who need modifications or who want to learn to use props effectively.

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

Yoga Nidra induces complete physical, mental and emotional relaxation. Part extended savasana, part guided meditation, total reset for your body and mind.

Drop in class prices

First 3 classes: \$30 (expires in 1 month)

Drop-in class: \$14/class; ½ price = \$7

Students/Seniors: \$10/class; ½ price = \$5

5 class pack: \$65 (expires in 2 months)

10 class pack: \$120 (expires in 3 months)

Monthly unltid: \$120

Prenatal drop-in: \$17

Prenatal 4 pack: \$64 (expires in 2 months)