



yogawood
yoga. wellness. community.

February 2012 Riverton

531 Main Street Riverton, NJ 08077
www.yogawood.com ~ 856.858.YOGA (9642)

Mondays

6:00 – 7:15 p.m. Vinyasa Flow with Maiga
7:30 – 9:00 p.m. Beginners' Vinyasa with Meredith

Tuesdays

9:30 – 10:30 a.m. Vinyasa Flow with Louisa \$7 class
6:00 – 7:15 p.m. Prenatal Yoga with Ahava
7:30 – 9:00 p.m. Gentle Yoga with Carrie

Wednesdays

6:00 – 7:00 a.m. Vinyasa Flow with Maiga
8:30 – 9:30 a.m. Vinyasa Flow w/ Maiga \$7 class
6:30 – 8:00 p.m. Vinyasa Flow with Christie

Thursdays

9:30 – 10:30 a.m. Vinyasa Flow with Beth \$7 class
6:00 – 7:15 p.m. Vinyasa Flow w/Kimberly/Yvonne
7:30 – 9:00 p.m. Gentle Yoga with Kimberly/Karin

Fridays

9:30 – 10:30 a.m. Vinyasa Flow with Meredith \$7class
2/3 6:00 – 7:30 p.m. **First Friday Yoga & Music:
Grunge with Mike lezzi**

Saturdays

8:30 – 10:00 a.m. Vinyasa Flow with Meredith

Sundays

9:30 – 11:00 a.m. Vinyasa Flow with Kimberly/Louisa
(look for a new time and teacher in March!)
7:00 – 8:30 p.m. Yin Yoga with Lorin

Class Descriptions

Gentle Yoga is exactly what you imagine: time for focused breathing, well-aligned and slow-moving asana, and deep relaxation. Perfect for every body!

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

Beginners' Vinyasa learn correct alignment with tons of instruction in a moving, strengthening class

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

Prenatal Yoga can really help prepare you for the physical and emotional stresses of labor and early parenthood. Now offered as a drop in class, \$17 – or \$64 for a pack of 4 classes.

Drop in class prices

First 3 classes: \$30 (use within 1 month)
1 drop-in class: \$14; \$7 for ½ price classes
Students/Seniors: \$10/class;
\$5 for ½ price classes
5 class card: \$65 (expires in 2 months)
10 class card: \$120 (expires in 3 months)
Monthly unlted: \$120
Prenatal drop-in: \$17
Prenatal 4 pack: \$64 (expires in 2 months)