



**yogawood**  
yoga. wellness. community.

# October 2010 Riverton

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

## Class Descriptions

**Ashtanga - Half Primary Led Class** drop-in classes include sun salutations, standing poses, some seated postures, backbends, and inversions. Always the same, but always powerful, this set of postures is sequenced to systematically cleanse and sharpen the body, mind and senses. Great for people who love an active practice, no prior Ashtanga experience necessary!

**Core Strengthening Yoga** focus on the body's core strength and combine postures and movements from various forms and styles of yoga. Strong focus on proper alignment!

**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

**Vinyasa 101** 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!

**Yin/Vinyasa** classes are a sweet combination of these two practice. Very mindful!

## Drop in class prices

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/Senior rate: \$10/class

See [www.yogawood.com/events](http://www.yogawood.com/events) for info on classes called "series"

### Mondays

7:30 – 9:00 p.m. Vinyasa 101 with Melissa

### Tuesdays

9:30 – 10:30 a.m. Vinyasa Flow with Anna \$7 class

4:30 -- 5:30 p.m. Kids' Yoga Series with Maiga  
**Pre-register!**

6:00 -- 7:15 p.m. Prenatal Series with Karin  
**Pre-register!**

7:30 – 9:00 p.m. Vinyasa Flow with Kati Brennan

### Wednesdays

6:00 – 7:15 p.m. Ashtanga: Half Primary Led Class with Lisa

7:30 – 9:00 p.m. Yin/Vinyasa Yoga with Melissa

### Thursdays

9:30 – 10:30 a.m. Vinyasa Flow with Melissa \$7 class

12:00 – 1:00 p.m. Vinyasa Flow with Andrea \$7 class

6:00 – 7:15 p.m. Core Strengthening Yoga w/ Kimberly

7:30 – 9:00 p.m. Gentle Yoga with Kimberly

### Fridays

**What should we teach you on Fridays??**

### Saturdays

8:00 – 9:15 a.m. Vinyasa Flow with Meredith

9:30 – 11:00 a.m. Vinyasa Flow with Lisa

### Sundays

9:30 – 11:00 a.m. Vinyasa Flow with Kimberly

7:00 – 8:30 p.m. Yin Yoga with Erik