



yogawood
yoga. wellness. community.

September 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 for info on classes called "series"

Mondays

- 3:30 – 4:30 p.m. Vinyasa Flow with Andrea
\$7 class -- not meeting on Labor Day, 9/6!
- 6:00 – 7:15 p.m. Vinyasa Flow with Katie Buell
not meeting on Labor Day, 9/6!
- 7:30 – 9:00 p.m. Vinyasa 101 with Melissa
not meeting on Labor Day, 9/6!

Tuesdays

- 9:30 – 10:30 a.m. Vinyasa Flow with Anna \$7 class
- 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
New Class! Thanks for the idea!!
- 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
- 11:30a.m.–1:00p.m. **Beginners' Series with Kimberly Starts 9/12-- Pre-register!**
- 7:00 – 8:30 p.m. Yin Yoga with Erik
not meeting on 9/5!