



September

yogawood

yoga. wellness. community.

Collingswood

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

Mondays

- 9:30 – 10:30 a.m. Vinyasa Flow with Maiga \$7 class!
6:00 – 7:15 p.m. Yoga/Pilates with Rachelle not meeting 9/6!
7:30 – 9:00 p.m. Vinyasa Flow Yoga w/ Beth not meeting 9/6

Tuesdays

- 9:30 – 10:30 a.m. Vinyasa Flow with Vicki \$7 class!
1:00 – 2:30 p.m. Yin/Vinyasa Flow with Beth
6:00 – 7:30 p.m. Ashtanga: Full Primary Led Class w/Lisa

Wednesdays

- 6:00 – 7:00 a.m. Core Strengthening Series Pre-register!
9:30 – 10:30 a.m. Vinyasa Flow with Erik \$7 class!
6:00 – 7:15 p.m. Prenatal yoga with Kim Pre-register!
7:30 – 9:00 p.m. Vinyasa Flow with Beth

Thursdays

- 9:30 – 10:30 a.m. Vinyasa Flow with Karin \$7 class!
1:00 – 2:00 p.m. Baby and Me Series with Kim Pre-register!
Begins Sept. 9
4:00 – 5:00 p.m. Gentle Vinyasa with Lee \$7 class!
6:00 – 7:15 p.m. Yin Yoga with Micki
7:30 – 9:00 p.m. Gentle Vinyasa with Micki

Fridays

- 9:30 – 10:30 a.m. Vinyasa Flow with Micki \$7 class!
6:00 – 7:30 p.m. Vinyasa Flow with John

Saturdays

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

Sundays

- 9:30 – 11:00 a.m. Vinyasa Flow with Maiga
12:45 – 2:00 p.m. Beginners Series w/ Anna starts 9/12 pre-register!
2:00 – 2:45 p.m. Open Meditation By donation; not mting 9/5!
6:00 – 7:30 p.m. Gentle Vinyasa Flow with Marie not meeting on 9/5!

Class Descriptions

Ashtanga - Led Full Primary Series drop-in classes take you through the entire vigorous, foundational Ashtanga series. Always the same, but always powerful, this set of postures is sequenced to systematically cleanse and sharpen the body, mind and senses. Best for people with an existing vinyasa or Ashtanga practice.

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

Self-led ashtanga time is open studio time for people who have an existing Ashtanga yoga practice; no instruction—just space and company! By donation.

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

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

Call us at 856.858.9642 to pre-register
for things that say “pre-register”!