



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 – 10:45 am Continuing Level 2		9:30-10:30am Gentle Flow Level 1 - 3	9:30 – 10:45 am Continuing Level 2	No Classes	8:30-9:45am Continuing Level 2/3
	5:30-6:45pm Continuing Level 2/3				

*All classes may include breathing exercises (pranayama), relaxation and meditation. These small group classes allow time and space to ensure everyone has a safe experience that's just right for them. We know how to modify and make good use of props in all our classes. We want you to have the best experience. If you are not sure where to start, talk to Marilyn. She will be happy to guide you. Most classes are on-going; you can join any time. We love drop-ins.*

### **Monthly & Special Classes**

*Restorative | \*Monthly class | last Tuesday of the month\**

*Deeply relaxing and nourishing class. Suitable for everyone including absolute beginners. You will rest in fully supported postures and experience a deep release of tension, stiffness and stress. Guided breathing further helps to quiet the mind and soothe the nervous system. You will leave feeling rested, renewed and replenished.*

*Some of our special class offerings include:*

*Yoga for Stress & Anxiety | Trauma Sensitive Yoga | Functional Movement |  
Yoga Nidra | Meditation Series*

*See events/workshop page for upcoming dates.*

#### **Pricing**

*All Punch Cards Valid for 3 Months*

*Private/Semi-Private/Yoga Therapy  
by Appointment*

*Single Class Drop in \$20*

*5 Class Punch Card \$75*

*10 Class Punch Card \$140*

*20 Class Punch Card \$240*

*Yoga was originally taught one-to-one, teacher to student. This more traditional approach provides the perfect setting to address your individual needs. Whether you are a beginner wanting to learn the fundamentals, an experienced student wanting to explore specific areas of interest or looking for therapeutic work, you will receive individual guidance and support along with a customized home practice.*

*Contact Marilyn with questions or to schedule an appointment.*