

# YogaFlow Body & Mind Winter 2012 Schedule

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Please visit class schedule on web page for more information and pricing

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:00am Yoga Therapy 75 min Christine	
	9:30am Alignment Flow Gail 75 min		9:30am Yoga Therapy Gail 60 min	9:30am Vinyasa Flow Gail 90 min	9:30am Open Yoga 60 min Jacki	<b>Workshops &amp; Specialty Classes Visit webpage</b>
				11:15am Meditation <b>1x per month Registration Required</b>		
	Private Yoga Therapy or Reiki Sessions by appoint.	Private Yoga Therapy or Reiki Sessions by appoint.	Private Yoga Therapy or Reiki Sessions by appoint.	Private Yoga Therapy or Reiki Sessions by appoint.		
				5:00pm Acupuncture Happy Hour 1x per month Registration Required		
5:45pm Open Yoga Gail 60 min		5:45pm Restorative Yoga 60 min Gail	5:45pm Open Yoga 60 min Michele	6:00pm <b>Meditation 1x per month Registration Required</b>		
7:00pm Hot Yoga Paula 75 min.	7:00pm Yoga Therapy Gail 75 min	7:00pm Vinyasa Flow Gail 75 min	7:00pm Alignment Flow Antonette 75 min	7:00pm <b>Reiki Circles 1x per month Registration Required</b>		

**Meditation, Reiki Circles, Teens, Acupuncture Happy Hour & Sunday Workshops must be pre-registered by email.**

**Go to Class Schedule on webpage to check for the next scheduled dates for these programs.**

**Classes and Programs are subject to change, check webpage regularly for updates**

**Classes cancelled due to inclement weather will be announced on the YogaFlow voice mail @ 973-697-4275**