

YogaFlow Body & Mind Fall 2011 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	Workshops & Specialty Classes Visit webpage
				11:15am Meditation 1x per month Registration Required		
	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.		
			4:30pm Open Yoga 60 min Michele	5:00pm Acupuncture Happy Hour 1x per month Registration Required		
5:45pm Open Yoga Gail 60 min	5:45pm Beginner Yoga Series *4 Wk Program Registration Required Gail 60 min	5:45pm Restorative Yoga 60 min Gail	5:45pm Teens Michele 60 min *6 Wk Program Registration Required	6:00pm Meditation 1x per month Registration Required		
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 Reiki Circles 1x per month Registration Required		

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

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