



- Drop In's \$15— Try a class with no obligation
- 10-Class Cards \$119
- Unlimited Monthly Rate \$99

Register— Most economical. We pro-rate for newcomers.



Sacred Touch Thai yoga massage is amazingly effective in that the body is positioned in yoga-like postures while the muscles and energy centers are stretched, massaged and balanced.

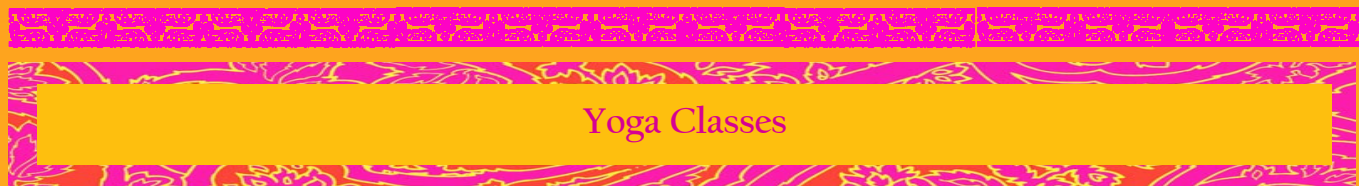
What people are saying:

"It feels like I just woke up from a great nights' sleep."
"It was amazing!! Soothing/calming but rejuvenating/stretching at the same time."

Daytime or evening, Individual or Couples'.
Please call 929-0274 or see our sister site:

sacredtouchtherapy.com

The touch you need is Sacred Touch!



Spirited Yoga: Invigorating breath & movement through postures energizes the body & clears the mind. Rapidly flowing pace.

Mon. 6:15-7:30 p.m. Apr 16—July 9 \$139

Thurs. 9:30-10:45a.m. Apr. 19- July 12 \$139

Better Backs: Classic yoga postures & techniques strengthen & maintain the health of the spine & back while soothing tension throughout the body.

Mon. 7:45-9 p.m. Apr 16- July 9 \$139

Thu. 11 a.m.-12:15 p.m. Apr. 19- July 12 \$139

Kripalu: Flow slowly & mindfully through challenging postures attentive to optimal alignment & breath. Build strength, flexibility, focus & inner peace. Best for those without major physical limitations.

Tues. 5:30-6:45 p.m. Apr. 17- July 10 \$139

Thurs. 5:30-6:45 p.m. Apr. 19- July 12 \$139

Basic Yoga releases the body & mind from tensions allowing you to regain balance & energy. Recommended for everybody, it includes a balanced mix of standing & seated postures, breath awareness & yoga centering techniques.

Tue 9:30-10:45 a.m.

Wed. 6:15-7:30 pm April 18-June 27 \$119

Sat. 10:45-Noon. Apr.14- July 7 \$149

Sun: 9-10:15 a.m. Apr. 15- July 8 \$139

Lifeforce Yoga for Depression & Anxiety Judgment, expectation, and fear, can clutter the mind, resulting in depressed or anxious moods clouding the joy in knowing our true selves as perfect & whole. Integrate the healing use of sound and bavana (imagery) yoga practice to balance depressed or anxious moods, inviting joy to flow.

Sundays 6:45-8pm Apr. 22- July 9 \$129

Therapeutic Yoga— For aches, pains or stiffness, find relief & make your body a more comfortable place to be. Great for Fibromyalgia, Arthritis, Headaches, Back Pain and All-over Soothing Stress release. Janine Polley, RN, RYT

Tue. 1-2:15 pm Apr. 17- June 26 \$119

Thu. 7-8:30 p.m. Apr. 19- June 29 \$119

Teen Yoga—Develop balance & confidence for better self-understanding, strength & flexibility to meet challenges with inner calm.

Thursdays 4-5:15 p.m. Apr. 19- June 7 \$89

New!! Energy Lunch Yoga

Studies show we more productive, balanced and enjoy our jobs with an exercise break during the workday. Energize your body and melt away stress in this active accelerated yoga practice. On your way out grab a nutritious energizing smoothie and a bite to be ready to tackle the afternoon alert, efficient and stress-free.

Wednesdays 12-12:45 pm. April 18-June 27. \$119

Meditation 8:30-9 & Exhale! 9-10:30am 2nd

Saturdays: Open Yourself to the Biggest Breath in your Life! Breath, gentle flow, & restorative poses. \$15 Drop-in or Class Card. No Make-ups, please. 4/14; 5/12, 7/14



Interested in becoming a yoga teacher or simply immersing yourself in a deeper study of yoga? Meet and Greet, Student Demos and Discussions, Q & A, Registration Discounts, Refreshments

Saturday, April 21, 1-5 pm

Sun Moon RYT 200 Level Program Starts June 1.

500 Level Yoga Therapy Program starts Sept. 26.