




The Family Yoga Center
 442B Wm. Floyd Pkwy., Shirley, NY
 631 721.7638 (call or text)
 Located behind Enrico's Jewelry Store
www.TheFamilyYogaCenter.com

Please visit our website for
 full class descriptions,
 upcoming workshops, and
 teacher bios.



WINTER 2019 CLASS SCHEDULE:

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						8:30 am–9:30 am YOGA BASICS
		10–11 am YOGA BASICS				10–11:30 am MODERATE– ADVANCED YOGA
			4–5 pm YOGA BASICS			
				5–6 pm YOGA BASICS		

<p>Like us on Facebook</p> 	<p>Follow us on Instagram</p> 	<p>Sign up /book classes on</p>  <p>MindBody App.</p>	<p>PRIVATE SESSIONS: A private yoga session is a client centered, customized, high level private service. Jennifer specializes in private yoga for</p>	<p>athletes, injuries, new moms, perimenopause /menopause, and many other concerns. Call/text to schedule.</p>	<p>Jennifer offers private Yoga for the Special Child® sessions. This is gentle and therapeutic– safe for babies and children with Down Syndrome, Microcephaly, Cerebral Palsy, Autism and other developmental disabilities. Call/text to schedule.</p>
<p>60 minute 5 Class card:</p> <p>\$65 investment (\$13 a class, <i>save \$10</i>, expires in 1 month). Workshops and specialty classes are not included. Non-transferable.</p>	<p>60 Minute 5 Class card:</p> <p>\$70 investment (\$14 a class, <i>save \$5</i>, expires in 2 months). Workshops and specialty classes are not included. Non-transferable.</p>	<p>90 minute 5 Class Card:</p> <p>\$85 investment (\$17 a class, <i>save \$15</i>, expires in 2 months). Workshops and specialty classes are not included. Non-transferable.</p>	<p>90 minute 10 Class Card:</p> <p>160 investment (\$16 a class, <i>save \$40</i>, expires 3 months). Workshops and specialty classes are not included. Non-transferable.</p>	<p>Yoga for Everybody™</p>	<p>60 Minute Class Drop in: \$15</p> <hr/> <p>90 Minute Class Drop In: \$20</p> <hr/> <p>New Students: 3 classes for \$30 (good for 2 weeks)</p>

Visit us at
TheFamilyYogaCenter.com