



**No Yoga December 24 - 31**

SUN	MON	TUES	WEDS	THURS	FRI	SAT
C L O S E D	Massage and MY Therapy appointments 10:00 – 2:00	GENTLE YOGA 9:30 – 10:45	Massage and MY Therapy appointments 10:00 – 6:00	CHAIR YOGA @Walpole Community Center 10:30 – 11:30	C L O S E D	Massage and MY Therapy First Saturday of the Month by appointment only *
		CHAIR YOGA @Walpole Community Center 2:00 – 3:00		Individual appointments 12:00 – 6:00		
		GENTLE YOGA 6:15 – 7:30 p				

**GENTLE YOGA:** Learn easy yet powerful yoga postures, breathing techniques, and meditation to calmly invigorate both body and mind. No hot rooms, no vinyasa or athletic-style movement. Modifications and props are used to safely support you as you explore movement and relaxation.

**CHAIR YOGA:** Yoga breathing, movement and meditation done in chairs (no floor work). Focus is on improving flexibility and strength, as well as enhancing cognitive skills. Open to all abilities – the room at the Senior Center is wheelchair accessible. *Special community pricing for Community Center Yoga is \$4 per class.*

**MY THERAPY:** By combining the science of Massage and the technology of Yoga, this powerful approach to wellness helps relieve stress, manage chronic pain, and alleviate arthritis, anxiety and depression. MY Therapy (Massage/Yoga) sessions often include a combination of hands-on work to identify tension patterns, and yoga practices to effectively manage and work with specific concerns. Perfect for those wanting an individual and customized approach to wellness. \$90 /hour. *By Appointment*

**PLEASE ARRIVE 10-15 MINUTES BEFORE CLASS START TIME  
CLASSES BEGIN PROMPTLY~ NO LATE ARRIVALS**

# OF CLASSES	COST PER CLASS
1 - 6	\$15
7 - 12	\$14
13 +	\$13

Drop-ins welcome provided there is space.

Class Cards must be used during the session they are purchased for. Unused classes may not be carried over to future sessions.

Class cards may not be used towards any other programs services or products at the studio. They are intended for regular ongoing yoga classes only.