NEPONSET VALLEY yoga+massage THERAPY

DECEMBER 5, 2017 – FEBRUARY 28, 2018 (*12 weeks*)

No Yoga Classes January 2 - 4

MON	TUES	WEDS	THURS	SAT
Individual appointments 10:00 – 7:00	GENTLE YOGA 9:30 – 10:45	*Individual appointments* 10:00 – 5:30	SENIOR YOGA @Walpole Town Hall 10:30 – 11:30	*Individual appointments* 8:30 – 1:00
	SENIOR YOGA @Walpole Town Hall 1:30 – 2:30			
	GENTLE YOGA 6:15 – 7:30 p	GENTLE YOGA 6:15 – 7:30 p	*Individual appointments* 12:00 – 7:00	

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. Whether you're a seasoned yoga practitioner, or someone looking to take your first yoga class, NVY is the **right place and pace** for you!

SENIOR YOGA: Yoga breathing, movement and meditation done in chair and standing (no floor work). Focus is on improving balance and strength, as well as enhancing cognitive skills. Open to all abilities – the room in town hall is wheelchair accessible. ***Special community pricing for Senior 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***

STUDIO CLASS CARD PRICING

NUMBER 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.

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