



# Schedule

January-March 2018

Subject to change; visit [YogaBorn.com](http://YogaBorn.com) & follow us



## Yoga You Can Do! Range of Class Challenge

1 Easygoing 2 Beginner 3 Moderate 4 Advanced

### Sundays

**8:15-9:15AM** Mixed Levels 3  
**9:30-10:15AM** Mixed Levels 3

**10:30-11:30AM** Only 1/7, 2/4, 3/4 Guided Meditation 1

### Mondays

**4:45-5:45PM** Strength & Structure 4  
**6:00-7:00PM** Beginners 2

### Tuesdays

**9:30-10:30AM** Mixed Levels 3  
**4:45-5:45PM** Beginners 2  
**6:00-7:00PM** Mixed Levels 3

### Wednesdays

**11:30-12:30PM** Mixed Levels 3  
**5:00-5:45PM** Yoga 4 Your Back 3  
**6:00-7:00PM** Restorative 1

### Thursdays

**9:30-10:30AM** Mixed Levels 3  
**5:00-5:45PM** Strength & Structure 4  
**6:00-7:00PM** Beginners 2

### Fridays

**5:00-6:00PM** Mixed Levels 3

### Saturdays

**8:15-9:15AM** Mixed Levels 3  
**9:30-10:15AM** Mixed Levels 3

### Personal Yoga with AromaTouch® Therapy By Appointment

Sat 1/27 & Sat 2/24 10:30AM, 11:15AM, 12:00PM, 12:45PM, 1:30PM \$80, Members \$70 PERFECT GIFT. *Certificates Available*

- Chair Yoga** Sat 1/13, 1/20, 2/3, 2/10, 3/3, 3/10 10:45AM \$30 per\*
- Gong Meditation** Fri 1/12, 2/9, 3/9 6:30PM \$30 per\*
- Intro to Props** Sun 1/21, 2/18, 3/18 10:30AM \$30 per\*
- Restorative & Singing Bowl** Sun 1/14, 2/11, 3/11 4PM \$35 per\*
- Yoga & Gongs** Sun 1/28, 2/25, 3/25 4PM \$35 per\*

*Yoga Born requires 5 advance sign ups to host these workshops.*

\* Save \$\$ sign up in advance & Members \$20 per.

**Reiki Share** For all certified.  
 Fridays 6:30PM 1/5, 2/2, 3/2

### Reiki Orientation

No Charge Q & A  
 Sat 2/10 12:30PM

### Reiki Certification

Saturdays 12:30-5:30PM  
**Level I** 1/13 & 3/10  
**Level II** 1/20 & 3/17

### New Year, Yoga Inspired

Sat 1/6 10:30AM  
 (2hr) \$60,  
 Members \$40

### Partner Yoga

Sat 2/10 4PM  
 2 people = \$60,  
 Members \$40

### Healing Arts By Appointment:

**Personal Yoga** Dawn Greenfield

### Stellar Therapeutic Massage

Cari Mott 860-324-7029

### Harmonious Self

Bonnie Zaman  
 860-944-1668