



Schedule

Feb & Mar 2018 Subject to change; visit 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

9:30-10:30AM Mixed Levels 3

10:45-11:45AM Only 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

6:00-7:00PM Mixed Levels 3

Wednesdays

11:30-12:30PM Mixed Levels 3

5:00-5:45PM SLOW FLOW 3 *building to 4*

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

9:30-10:30AM Mixed Levels 3

Reiki Share For all certified. Fri 3/2 6:30PM

Reiki Certification Saturdays 12:30-5:30PM
Level I 3/10 **Level II** 3/17

GOT QUESTIONS? CONTACT Bonnie Zaman
860-944-1668

Personal Yoga with AromaTouch® Therapy *By Appointment*

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

- Chair Yoga** Sat 3/3 & 3/10 10:45AM \$30 per*
- Gong Meditation** Fri 3/9 6:30PM \$30 per*
- Intro to Props** Sun 2/18 & 3/18 10:30AM \$30 per*
- Restorative & Singing Bowl** Sun 3/11 4PM \$35 per*
- Yoga & Gongs** Sun 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.

Healing Arts *By Appointment:*

Personal Yoga Dawn Greenfield

Stellar Therapeutic Massage

Cari Mott 860-324-7029

Harmonious Self Bonnie Zaman

860-944-1668

Yoga Born, Town Center 1735 Ellington Rd, South Windsor 860-432-5678