



Schedule

Apr - Jun 2018

New to yoga? Great! You'll fit right in!

Yoga You Can Do! YogaBorn.com schedule subject to change
Range of Class Challenge = *Easygoing:1 Moderate:2 Most:3*

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Sun 8:15-9:15AM Mixed Levels 2
9:30-10:30AM Mixed Levels 2 ... **NEW**

Mon 4:45-5:45PM Strength & Structure 3
6:00-7:00PM Beginners 1

Tue 9:30-10:30AM Mixed Levels 2
6:00-7:00PM Mixed Levels 2
7:15-8:00PM Mixed Levels 2 ... **NEW**

Wed 11:30-12:30PM Mixed Levels 2
5:00-5:45PM SLOW FLOW 3 ... **NEW**
6:00-7:00PM Restorative 1

Thu 9:30-10:30AM Mixed Levels 2
5:00-5:45PM Core Focus 3 ... **NEW**
6:00-7:00PM Beginners 1

Fri 5:00-6:00PM Mixed Levels 2

Sat 8:15-9:15AM Mixed Levels 2
9:30-10:30AM Mixed Levels 2
10:45AM(1hr) Only 4/14, 5/12, 6/9 Guided Imagery
Meditation ... **NEW**

Holiday class must have 10 signed up in advance,
this is the goal per class; LIMIT 20 per class.

Workshops are experiences beyond those in classes.

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

*\$\$ off with advance sign up. Members \$20 per.

Gong Meditation Sun 5PM 4/22, 5/20, 6/24 Day of \$30 per*

Yoga & Gongs Sun 4PM 4/8, 5/6, 6/3 Day of \$35 per*

WTF: Wall To Floor Sun 4:30PM 4/15 Day of \$35 per*

REIKI QUESTIONS? CONTACT Bonnie

Reiki Orientation How can ray-key help? Saturdays 12:30PM 4/14 & 6/9

Reiki Certification Saturdays
12:30-5:30PM Level I 5/15 & 7/7
Level II 5/19 & 7/21

Reiki Share For all certified ... **NEW**
Fridays 6:30PM 4/13, 5/11, 6/8

Healing Arts By Appointment:

Personal Yoga Dawn Greenfield

Stellar Therapeutic Massage

Cari Mott 860-591-0044

Harmonious Self Bonnie Zaman

860-944-1668

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