



New to Yoga?

Great you will fit right in!

Yoga Born Philosophy is to respectfully teach students at their ability level while celebrating their progress.

Yoga Born Mission is your journey towards being who you were born to be.

Yoga Born Classes are designed to reduce pain and discomfort while increasing enthusiasm for life.

We have a welcoming community that supports each other. There's no competition, gossip, judging, criticism; only encouragement and appreciation. Classes are customized to the people in the class, creating an atmosphere that is welcoming to new people and fun for regular students.

Cost? You can purchase a single class; New Client offer of unlimited classes, Class packages that are good for a year and are shareable, or Membership, which is the best price option.

What to wear? Comfortable, easy to move in pants and shirt. Dressing in layers may be helpful. The temperature averages 70 degrees, Yoga Born does a good job of keeping clients as comfortable as possible.

What to bring? Water in a sealable bottle, we also sell water. Yoga mat or rent ours, wood flooring requires all students practice on a yoga mat.

How long is a class? Classes are perfect for your busy life style! 45 minutes to 75 minutes. At each visit, check-in on the tablet or at the front desk.

Reiki Shares. Bonnie Zaman, Usui Reiki Master (806) 944-1668
♥Fridays 6:30-8:30pm
Nov 4 & Dec 2.
Donations accepted. All reiki certified welcome.
Reiki is available for individuals by appointment.

Drum Circle. Mary Ertel, Facilitator ♥ 2nd Fridays Monthly. *Learn to Drum* 6:45-7pm.
Drum Circle 7-8:30pm.
We do our best to respect keeping the beat. Sign up to reserve a drum.
Donations accepted.

Laughter Yoga. Led by Christine Olmstead ♥ Fridays Oct 28, Nov 25, Dec 30 @ 6:15-7pm. Breathing exercises and simulated laughing leads to a genuine feel good laughter. *Donations accepted.*

StellarTherapeuticMassage.com
By Appointment Cari Mott
(860) 324-7029

YogaBorn.com (860) 432-5678



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Town Center Plaza 1735 Ellington Rd, South Windsor