



Small Business of the Year 2016

Class Schedule

Mar – Jun 2017

love the body you were born with

Subject to change @ YogaBorn.com

Range of Class Challenge

1 Easygoing 2 Beginner 3 Moderate 4 Advanced

Sundays

8:15-9:00 AM Mixed Levels 3

9:30-10:45 AM Mixed Levels 3

Only 4/2, 5/7, 6/4 11-12PM Guided Meditation 1

Mondays

4:45-5:45 PM Strength & Structure 4

6:00-7:00 PM Beginners 2

Tuesdays

9:30-10:30 AM Mixed Levels 3

4:45-5:45 PM Beginners 2

6:00-7:00 PM Mixed Levels 3

Wednesdays

12:00-12:45 PM Mixed Levels 3

5:00-5:45 PM Mixed Levels 3

6:00-7:00 PM Restorative 1

Thursdays

9:30-10:30 AM Mixed Levels 3

4:45-5:45 PM Strength & Structure 4

6:00-7:00 PM Beginners 2

Fridays

5:00-6:00 PM Mixed Levels 3

Saturdays

8:15-9:00 AM Mixed Levels 3

9:30-10:45 AM Mixed Levels 3

Class Pricing

Yoga is taxable

Single Class \$20
5 Classes \$85
10 Classes \$145

Unlimited Classes

30 days. *Best Price Option*
One-time offer \$40
Per Month Auto-Pay \$103
Single Month \$140

Yoga Born Benefits

Not for the flexible.
For the living.

Yoga you can do!

No experience needed.

Bare feet in studio.

Silence all electronics.

Refrain from wearing perfumes.

Arrive early, door locked ten min after start time.

Healing Arts

By Appointment:

Personal Yoga
Dawn Greenfield
(860)432-5678

Harmonious Self
Bonnie Zaman
(860)944-1668

Stellar Therapeutic Massage
Cari Mott
(860)324-7029