



Jul - Sep '18

YogaBorn.com • South Windsor • (860) 432-5678
 Town Center Plaza 1735 Ellington Rd, Next to Uptown Consignment

Sun 8:15-9:15AM Mixed Levels 2

Mon 4:45-5:45PM Strength & Structure 3

6:00-7:00PM Gentle Yoga 1

Tue 9:30-10:30AM Mixed Levels 2

6:00-7:00PM Mixed Levels 2

7:15-8:00PM Strength & Restore 2

Wed 11:30-12:30PM Mixed Levels 2

5:00-5:45PM Dynamic Flow 3

6:00-7:00PM Restorative 1

Thu 9:30-10:30AM Mixed Levels 2

5:30-6:30PM W.T.F. Wall to Floor 3

Fri 9:30-10:30AM Mixed Levels 2

5:00-6:00PM Mixed Levels 2

Sat 7:15-8:00AM Yoga & Meditation Advance sign up required 2

8:15-9:15AM Mixed Levels 2

9:30-10:00AM Mommy & Me Yoga (Age 3-6) 6/23-7/28 Skip 7/21

10:30-11:30AM Kids Yoga (Age 7-12) 6/23-7/28 Skip 7/21

**Experience
Your Power**

*Classes always
different & enjoyable!*

Level 1 Gentle pace,
stress reliever, perfect
for beginners!

Level 2 Move beyond
limitations! Diverse
moves; *beginners
welcome.*

Level 3 Feel strong with
dynamic & static poses.
Improve the life of your
muscles!

Intro to Yoga

Advance sign up required

Sundays 9:30-10:30AM

7/29, 8/12, 9/2

Learn basics of this practice
at your pace.

**New Courses!
Unlimited &
Class Packages
Accepted**

Pop-Up Yoga

Mondays 7-8AM

Achy feet? 7/9

Sore No More! 7/23

Neck & Shoulders 8/6

Core Galore 8/20



**Yoga Born
Community
Since 2011**

YogaBorn.com Class Pricing Jul – Sep '18

Single Class \$20
Intro Unlimited Month \$50 *One-time offer*
Unlimited Month \$140 *No contract*

Memberships. Monthly Auto-Pay

#1 Unlimited Month \$110
#2 Unlimited Month + Online Yoga \$125

Class Packages. Valid one year

5 Classes \$90 (\$18 per)
10 Classes \$155 (\$15.50 per)

Personal Yoga Lessons Since 2005

yoga for you. *Dawn Greenfield*

860-432-5678

- 🌿 1st time 75 min \$100
- 🌿 Single 60 min \$80
- 🌿 Packages available
Private Groups & Speaking♥

Gift Certificates Available

Any amount. Online 24/7

HarmoniousSelf.com *Bonnie Zaman*

Usui Reiki Master/ Teacher **860-944-1668** ♥

REIKI QUESTIONS? Contact Bonnie

Reiki Orientation 8/11 & 10/13

Reiki Certification Level I 7/7,9/8

Reiki Certification Level II 7/14, 9/15

Reiki Share 8/10 & 9/14

Group Guided Imagery Meditation 8/11, 9/8

Also by appointment AromaTouch® Therapy
with Essential Oils, Group and Private Guided
Imagery Meditation, Writing Your Pictorial
History and/or Spiritual Will

StellarTherapeuticMassage.com

Cari Mott, LMT ♥ **860-591-0044**

A variety of techniques and movements that are targeted to one goal: relief. When you're in pain, it can be next to impossible to know what it is your body needs to feel better. Therapeutic Massage takes the guess work out of the equation for you, utilizing modalities and techniques that are most effective for you.

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