



Yoga Schedule

Center for Health and Healing

111 West Water Street, Toms River, NJ www.centerforhealthandhealingnj.com

Phone (732) 505-8282 . Fall Schedule (Nov. / Dec. '08)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 - 10:30am Mixed Yoga Stephanie	8:15 - 9:15am Gentle Karen	8 - 9:30am Core Yoga <small>NEW CLASS</small> Dawn	9 - 10am Gentle Dawn	6:30 - 7:40am Power <small>NEW CLASS</small> Dawn	8 - 9:30am Hot Yoga Dawn	7:30 - 8:30am Vinyasa Kelly
11 - 12pm Senior Yoga Pat	9:30 - 10:30am Slow Flow Jody	9:30 - 10:30am Mixed Yoga Carolyn	12 - 1pm Vinyasa Jody	9:30 - 10:30am Mixed Yoga Flow Jody	9:45 - 10:45am Warrior Dawn	9 - 10am Intermediate Stephanie
3:30 - 4:30pm Slow Flow Lucy	3 - 4pm Gentle Jill	10:40 - 11:30am Mom & Me <small>NEW CLASS</small> Carolyn	Practice self care And do yoga	10:45 - 11:45am Senior Pat	11 - 12pm Gentle Dawn	10:15 - 11:15am Restorative Yoga Alice
4:30 - 5:30pm Power Hour Jody	4 - 5:20pm Warrior Dawn	3:30 - 4:30am Moderate Dave	4:30 - 5:30pm <small>NEW TIME</small> Beginner Jen	4:30 - 5:30pm Moderate Jody	12 - 1pm New Advance Beginner Series Jody	11:30 - 12:30pm Absolute Beginner Series Rachael
5:30 - 7pm Hot Yoga Kelly	5:30 - 6:30pm Moderate Jennifer	4:30 - 5:30pm Beginner <small>NEW CLASS</small> Dave	5:30 - 6:30pm Vinyasa <small>NEW CLASS</small> Dave	5:30 - 6:30pm Gentle Hip Opener <small>NEW CLASS</small> Jody/Dawn	Fee \$14 or \$75 for series. 11/15 - 12/20	11/30 - 1/4 \$75 or \$14 drop in
7:30 - 9:30pm Reiki Share Donna Fee \$20, 12/8	6 - 7:15pm Moderate Dawn Seaside Park School \$10 Fee	5:30 - 7pm Dharma Mittra Dawn	6 - 7pm Power Hour Bev	6:45 - 7:45pm Vinyasa Kelly	1:15 - 12:15pm Prenatal Yoga Jody	12:30 - 7pm 200 Hour Teacher Training Course Held two Sunday's per month
7 - 9:30pm 200 Hour Teacher Training Course	6:45 - 7:45pm Beginner Series Jody 11/18 - 12/22 6 weeks for \$75 or drop in fee	7 - 9:45pm 200 Hour Teacher Training	6 - 7:15pm Moderate Dawn Seaside Park School \$10 Fee	We are always available for a FREE consultation to see what classes would be a good fit for you!	Fee \$18 or \$100 for series. 11/22 - 12/27	7 - 8pm FREE YOGA CLASS 12/7, 12/21
	8 - 9pm Vinyasa Jody	See our website for the most current schedule			7 - 9pm Pampering Yoga Dawn 12/13 Call to sign up	

Absolute Beginner Series: A 6 week series. Learn step by step the basics of yoga, focuses on the essentials of a yoga. Activity level is mild and perfect for beginners. Fee \$75 for complete series or \$14 per drop-in class.

Beginner: This class is a good class for those brand new to yoga. You will receive detailed clear instructions on alignment, posture at a moderate pace.

Core Yoga

Tone your abs, strengthen your back and create a strong center. A great complement to your regular yoga practice. All levels welcome. Create heat from the inside out with this class.

Dharma Mitra Yoga: This class uses a selected series of inspirational Yoga asana for all levels. Practice of these poses strengthens and tones muscles, glands and internal organs. Lots of back bends.

Free Yoga: This class is our offering to the community. Our KARMA/ selfless service. It is a moderate paced class. We ask that you bring a non perishable protein food item that we bring to the local food bank.

Gentle: This class uses a unhurried approach at a slow easy pace. This class is for students who need a gradual approach to Yoga. Good for seniors and beginners of all ages.

Hot: This class is taught in a room of 100 degrees. It is a dynamic system of postures that will allow you to safely push your body to its edge, and rest in stillness in between the postures. A strong practice that is beginner friendly.

Intermediate: This class will help you step up the pace, become stronger physically and mentally, increase your ability to focus. Students will be challenged according to the level of their practice.

Meditation: Some unguided and some guided meditation. Use this time as a retreat for yourself for self realization and contemplation. A time to learn how to quiet the mind.

Mixed: This class is an eclectic blend of several yoga styles. This class is open to all levels of students. There are standing poses, core strengthen poses, twists, and inversions.

Moderate: This class is a step between gentle and intermediate. It is a slow Vinyasa class with lots of standing postures. Working on strength and flow.

Mom and Me: This is fun and playful class. (Children are FREE; ages 3- 9). Play along with your child in yoga poses. Enrich your bond together in Yoga class. Your child may do Yoga along with you and or your child may rest and simply observe.

Pampering Yoga: Our Pampering Yoga class is held monthly. Surround yourself in a room filled with rose petals while you experience a super gentle class with 30 minutes of guided meditation. Your feet don't get left out with a massaged with warm scented towels. Chocolate treats given at the end of class.

Power Hour: In this class the music is energetic, pace is fast and the sweat is on. Most of the poses are standing. The flow of Ashtanga with the alignment of Iyengar Yoga. All designed to build strength, flexibility, balance and body tone.

Pre-Natal: In this class the poses help strengthen and prepare your body for the birth process. Relaxing your body, mind and connecting to your changing body and baby. Fee \$100 for 6 week series or \$18 each drop in class.

Reiki Share: This monthly class is open for practicing and learning how reiki energy works. No experience needed. Reiki is a healing energy, learn how to heal yourself and others.

Restorative: This class uses the props for a supported letting go and healing slow paced class, very meditative.

Senior Yoga: This is the class for the over 60 crowd. It takes a slow, no hurried approach to the yoga postures.

Vinyasa Flow: This class is both dynamic and meditative. It is composed of a series of poses strung together to create heat and energy flow. The poses are linked together gracefully into semi-power sequences, resulting in a dance-like flow.

Warrior: Challenging and intense; taught Vinyasa-style. Builds endurance, strength & balance. For students in good physical condition. Sun/Warrior salutations and variations are linked together. Plan to sweat!



Yoga Rates/Fees

1 hour class = \$14

1&1/2 hour class = \$16

10 card pass = \$125 (expires in 3 months)

20 card pass = \$225 (expires in 4 months)

1 Month unlimited pass card = \$175

3 Months unlimited pass card = \$349 *

6 Month unlimited pass card = \$700 *

1 Year unlimited yoga pass card = \$1300

Family 10 card = \$140

(Good for 3 people; expires in 3 months)

Can be made in monthly payments; an additional \$45 set up fee is required

For more information please visit our site
www.centerforhealthandhealingnj.com

