



# Yoga Schedule

Center for Health and Healing

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

Phone (732) 505-8282 . Jan15th - March 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:30am <b>Vinyasa</b> Jody	8:15 - 9:15am <b>Better Back</b> Cathy	8:30 - 9:30am <b>Vinyasa</b> Dawn	6:30 - 7:30am <b>Moderate</b> Nicole	9:30 - 10:30am <b>Vinyasa</b> Jody	8 - 9:10am <b>Vinyasa</b> Avita	7:30 - 9am <b>Hot</b> Patti
9:30 - 10:30am <b>Slow Vinyasa</b> Stephanie	9:30 - 10:30am <b>Slow Flow</b> Jody	9:30 - 10:30am <b>Moderate &amp; 1/2</b> Carolyn	9 - 10am <b>Gentle</b> Dawn	10:30 - 11:30am <b>Beginner</b> Cathy	<b>Book a message or facial or reiki sessions after your class. Call to arrange.</b>	9 - 10am <b>Vinyasa</b> Kelly
11 - 12pm <b>Gentle Yoga</b> Pat	10:45 - 11:45am <b>Gentle</b> Stephanie	10:40 - 11:30am <b>Mom &amp; Me</b> Carolyn	10:15- 11:45am <b>Hip Opener &amp; 1/2</b> Dawn	12 - 1pm <b>Gentle Back</b> Pat	9:15 - 10:45am <b>Dharma Mittra</b> Jeff	10 - 11am <b>Gentle</b> Avita
<b>Practice more self care and do more Yoga with us!</b>	<b>Book your private Yoga session any time 8am - 7pm.</b>	12 - 1pm <b>Vinyasa</b> Fee \$10 or class card	11:45 - 12pm <b>Silent Meditation</b> Dawn	<b>Call to set up a Massage, Facial, or Reiki session 732-505-8282</b>	11 - 12pm <b>Gentle</b> Jason	11:15 - 12:45pm <b>Hip Opener &amp; 1/2</b> Stephanie
3:30 - 4:30pm <b>Moderate</b> Jason	4 - 5:15pm <b>Warrior</b> Dawn	1 - 2pm <b>Chair Yoga</b> Laurie	12 - 1pm <b>Moderate</b> Karen	4:30 - 5:30pm <b>Core yoga</b> Dawn	12 - 1:30pm <b>Hot Yoga</b> Patti	12:45 - 1:45pm <b>Absolute Beginner Series</b> Jen M. Starts 1/24 \$75 for 6 weeks or \$14 each class
4:30 - 5:30pm <b>Core Yoga</b> Sarah/Jason	5:30 - 6:30pm <b>Moderate</b> Jen K.	2:30 - 3:30pm <b>Moderate &amp; 1/2</b>	3:30 - 4:30pm <b>Gentle</b> Susan	5:30 - 6:30pm <b>Slow Flow &amp; 1/2</b> Lauren	1:30 - 2:30pm <b>Advance Beginner</b> Cathy	7 - 8pm <b>FREE Yoga Class</b> 2/7, 3/7, 3/28
5:30 - 7pm <b>Hot Yoga</b> Kelly	6 - 7:15pm <b>Moderate Yoga</b> Dawn SS Park Fee \$10	4:15 - 5:15pm <b>Gentle</b> Alice	4:30 - 5:30pm <b>Slow Flow</b> Jen K.	6:45 - 7:45pm <b>Restorative</b> Lauren	2:45 - 3:45pm <b>Belly Dancing</b> Samantha \$15 or class card Starting 1/23	
7:10 - 8:10pm <b>Hot Power Hour 80'</b> Dawn Not held on Reiki Share nights	6:45 - 7:45pm <b>Beginner Series</b> Jody 1/8 - 2/22 6 weeks for \$75 or drop in fee.	5:30 - 7pm <b>Dharma Mittra</b> Jeff	5:45 - 7:15pm <b>Vinyasa</b> Jody		4 - 5pm <b>Happy Hour Vinyasa</b> Nicole	
7:30 - 9:30pm <b>Reiki Share</b> Donna Held on 2/8 & 3/8 Fee \$20	8 - 9pm <b>Moderate</b> Jody Class by Candlelight	7:15 - 8:45pm <b>Hip Opener/ Prenatal Welcome</b> Dawn	7 - 8:15pm <b>Prenatal Yoga &amp; 1/2</b> Nicole \$18 walk ins or \$100 6 weeks in a row		<b>Do More Yoga with us and feel better mentally and physically</b>	
			8:15 - 9:15pm <b>Moderate</b> Jason Class by Candlelight			



**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.

**Better Back:** This class focuses on postures compassionately to tone and strengthen your core and back muscles. Making your spine more flexible, alleviating pain and improving posture.

### 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 Mittra 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:** 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.

**Slow Flow:** This class is a series of flowing postures that are connected by the breath. It is a moderately paced class. A step up from gentle and beginner.

**Vinyasa:** 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](http://www.centerforhealthandhealingnj.com)

