



19 N. Doughty Street Somerville, NJ 908-268-7430

As of 1/1/16

<b>Monday</b>	
6:00 - 6:45 pm	**Stress Clinic (begins 1/11)...Bonnie
7:00 - 8:15 pm	Moderate Flow ..... Bonnie
<b>Tuesday</b>	
9:30-10:45 am	Basic Flow.....Helga
6:00 - 7:15 pm	Basic Flow.....Heather
<b>Wednesday</b>	
7:00-8:15 pm	**Introduction to Yoga....Helga (begins 1/13)
<b>Thursday</b>	
9:30-10:45 am	Basic Flow .....Bonnie
11:00 -11:45 pm	TRE Group session.....Bonnie
11:00-5:00 pm	Private Sessions.....Bonnie
6:00-7:00 pm	**Structural Yoga Therapy...Cindy (begins 1/21)
<b>Friday</b>	
6:30 - 7:45 pm	Gentle & Restorative Yoga.....Kathy
<b>Saturday</b>	
9:00 - 10:15 am	Moderate Flow.....Bonnie
10:30-11:30 am	**Meditation (begins 1/23)...Bonnie
<b>Sunday</b>	
8:45-9:45 am	Gentle Yoga.....Shari

\*\*Pre-registration is required for these classes

**Class Fees** We accept cash, Visa, Mastercard and checks as payment.

- Drop in class- \$17 **TRE group session - \$12**
- 4 classes - \$62 (expires in 30 days)
- 10 classes - \$140 (expires in 60 days)
- 20 classes - \$250 (expires in 90 days)
- 30 day pass - \$120 or \$99 auto renew (starts on day of first class)
- 3 month membership- \$290 (see website for details and benefits)
- 6 month membership- \$550 (see website for details and benefits)
- 1 year membership- \$1008 (see website for details and benefits)
- New Student Package- \$30 for 3 classes plus 20% off boutique items (first time students only)
- Private Sessions- \$85 for one hour

Student and Senior discounts available, please see website for details.  
Class blocks are non-transferrable and non-refundable

We try to keep the schedule consistent. However, changes are sometimes made.  
**Please check website for the most up to date schedule.**