



Yoga Class Schedule

Each class session is 75 minutes

641 W. Boylston St. Worcester, MA 774-364-3500 www.revitalizetherapy.com
 (directly across from Quinsigamond Community College)

We feature:

Small classes... **1st Class is only \$5...** Following classes \$12... Pay-as-you-go... **OR**... Packages available... *No expiration date!*

Pre-register at www.Revitalizetherapy.com/yoga/yoga-classes OR call: 774-364-3500
 Drop-ins welcome on a space-available basis

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Hatha Yoga 7:00 pm w/ Karen		Hatha Yoga 5:00 pm w/ Patricia Yin Yoga 7:00 PM w/ Karen		

Yin: *All levels.* Yin focuses on long, deep holds in poses which allow the muscles, tendons, and ligaments to stretch and open. Each pose is held about 3-5 minutes. It helps with muscle release, flexibility, and stress release.

Hatha: *All levels.* Hatha is a smooth, continuous flow from one Yoga pose to the next, linking the movements to the breath, and holding each pose for several breaths. It helps in building endurance, stamina, strength, and flexibility, while calming the mind.

Vinyasa Flow: *All levels.* This class consists of connecting breath with movement. Various options are provided throughout the practice in order to provide a flow for all levels from beginner to advanced. Vinyasa helps to calm the mind, ease tension and stress, gain flexibility and build strength.

Yin Vinyasa Combo: *All levels.* This class is a fusion of Yin yoga and Vinyasa flow. Yin is slow paced yoga, with poses typically held 3-5 minutes, and focuses on the connective tissues. Vinyasa is faster paced with the poses linked to the breath, flowing from one pose to another.