

revitalize

massage therapy & yoga

Class Schedule

Your first yoga class with us is only \$5, each additional class is \$14. We also offer packages at a discounted price with no expiration date.

Sign up at www.revitalizetherapy.com/yoga/yoga-classes or give us a call at 774-364-3500
Drop-ins welcome on a space-available basis

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Vinyasa Flow 5:15 pm w/ Emily</p> <p>Vinyasa Flow 7:00 pm w/ Emily</p>	<p>Hatha Yoga 7:00 pm w/ Karen</p>	<p>Vinyasa Flow 6:00 pm w/ Emily</p>	<p>Hatha Yoga 5:00 pm w/ Patricia</p> <p>Yin Yoga 7:00 pm w/ Karen</p>		

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.

Schedule updated 11/2/2017