

revitalize

massage therapy & yoga

Class Schedule for 1/8 – 2/28

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>Slow Flow Vinyasa 9:00 am w/ Nikki</p> <p>Restorative Aroma 10:45 am w/ Nikki</p>	<p>Vinyasa Flow Level 2-3 7:00 pm w/ Ashley</p>	<p>Vinyasa Flow 5:00 pm w/ Ashley</p> <p>Hatha Yoga 7:00 pm w/ Karen</p>	<p>Strong Vinyasa Flow 5:00 pm w/ Emily</p> <p>Aromatherapy Yoga Flow 7:00 pm w/ Emily</p>	<p>Chakra Balancing 5:00 pm w/ Ashley</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.

Slow Flow Vinyasa: *All levels.* Like a traditional Vinyasa flow but we do fewer postures and focus on proper alignment. Holding each posture longer, we focus on connecting breath with movement, creating tiny adjustments when needed.

Restorative Aroma: *All levels.* Each class is themed and paired with aromatherapy to awaken your senses and bring you into a meditative state. If your recovering from injury, training or exercising, or just want experience overall mind and body well-being this is the class for you!

Chakra Balancing: *All levels.* Each class will focus on one of the 7 major Chakras. Each Chakra affects us in different ways on a physical, emotional and spiritual level. When working with these 7 energy centers you will learn more about yourself and begin self-healing. This class will start with a meditation and move into a yoga flow with poses that are targeted for the specific Chakra that is being focused on for the class. Class will end with another meditation where you will learn how to protect the energy of each Chakra.