

# revitalize

massage therapy & yoga

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](http://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
<b>Slow Flow Vinyasa</b> 9:00 am w/ Nikki  <b>Restorative Aroma</b> 10:45 am w/ Nikki	<b>Core Strength</b> 5:15 w/ Kristin  <b>Candlelight Restorative Yoga</b> 7:00 pm w/ Marie	<b>Vinyasa Flow</b> 5:00 pm w/ Marie  <b>Hatha Yoga</b> 7:00 pm w/ Karen	<b>Good Morning Yoga</b> 9:00 am w/ Marie  <b>Candlelight Restorative Yoga</b> 7:00 pm w/ Alana	<b>Candlelight Restorative Yoga</b> 7:00 pm w/ Jenith		

**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 you're recovering from injury, training or exercising, or just want experience overall mind and body well-being this is the class for you!

**Candlelight Restorative:** *All levels.* Restorative yoga done surrounded by calming candlelight.