

# 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/ Jacqueline	<b>Gentle Morning Practice</b> 6:30 am w/ Brett		<b>Gentle Morning Practice</b> 6:30 am w/ Brett <b>Good Morning Yoga</b> 9:00 am w/ Karina <b>Vinyasa Flow</b> 7:00 pm w/ Tori			
<b>Restorative Aroma</b> 10:30 am w/ Jacqueline	<b>Vinyasa Flow</b> 7:00 pm w/ Tori	<b>Vinyasa Flow</b> 6:00 pm w/ Marie				

**Vinyasa Flow:** *All levels.* This class consists of connecting breath with movement. Various options are provided throughout the practice 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!

**Good Morning Yoga:** *All levels.* Ground yourself mid-week with this morning Hatha practice. Hatha focuses on movement, strength, and calming the mind at a slower pace, yet very similar to Vinyasa.

**Gentle Morning Practice:** *All levels.* The early morning is a special time for the body and mind. Gentle Morning Practice is an opportunity to explore the tools of yoga, including breathing, poses, and breath work. Accessible versions of poses are given and students are invited to make any adjustments to the practice that would suit them best. No prior yoga experience is necessary.