

Wellness Springs

Yoga Class

Pricing

Member Pricing

4 Class Card - \$55

10 Class Card - \$125

Monthly Unlimited from
\$99—\$125

Per Class Pricing

60 Minute Class - \$15

Pre & Post Natal Classes

60 Minute per Class (drop-in) - \$20

4 Class Card - \$72

Kids Yoga Classes

Follows member and per class
pricing schedule.

Half price for each additional child
in the same family.



Wellness Springs

Natural Health Care,
Holistic Day Spa
and Yoga Studio

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March 29, 2008



Wellness Springs



Natural Health Care, Holistic Day Spa and Yoga Studio

Yoga Class Schedule

Yoga Schedule— Beginning March 28, 2008	
Day & Time	Class & Instructor
Sunday ☉ 11:00—12:00 pm	☉ All Levels with Donna Brickwood
Monday ☉ 9:30—10:30 am ☉ 7:30—8:30 pm	☉ All Levels with Jenn Kahn ☉ All Levels with Amy Prisco-Ring
Tuesday ☉ 9:30—10:30 am ☉ 6:30—7:30 pm	☉ Intermediate with Michelle Dawson ☉ All Levels with Derek Quigley
Wednesday ☉ 9:30—10:30 am ☉ 10:45—11:45 am ☉ 7:45—8:45 pm	☉ Mommy & Baby with Arlene Kobylinski ☉ Pre-Natal Yoga with Arlene Kobylinski ☉ All Levels with Maria Perri or Jonee Getz
Thursday ☉ 9:30—10:30 am ☉ 7:30—9:00 pm	☉ All Levels with Jenn Kahn ☉ Intermediate with Derek Quigley
Friday ☉ 11:00—12:00 pm ☉ 4:30—5:30 pm	☉ Gentle yoga with Arlene Kobylinski ☉ All Levels with Jenn Kahn—Great for teachers!
Saturday ☉ 9:00—10:00 am ☉ 10:30—11:30 am ☉ 12:00—1:00pm	☉ Kids Yoga with Amy Prisco-Ring ☉ Beginner Yoga with Amy Prisco-Ring ☉ All Levels Yoga

Ask about our new
Youth Athlete Program!
~ Individualized ~
~ Age Appropriate ~
~ Innovative ~

Yoga Class Descriptions

Beginner Yoga
Perfect for the new student just beginning the study of yoga or for any student who would like to delve deeper into developing Inner-Awareness. We have organized a program of study that will teach you all the basics of yoga and how to develop a personal yoga practice. Each class will concentrate on fundamental hatha yoga postures (asanas), breathing techniques, proper alignment, and appropriate modifications if needed.

All Levels Yoga
This class will guide ALL LEVELS of students (beginners and up) through a well-rounded practice including seated meditation, pranayama (breathing exercises), and a flowing asana practice exploring variations of Surya Namaskara (Sun Salutations), a wide range of standing and seated poses, and beginning arm balances and inversions.

Intermediate Yoga
A fun and challenging flow class for INTERMEDIATE level students working to deepen their practice. Seated meditation, pranayama (breathing exercises), as well as Surya Namaskara (Sun Salutation) variations, challenging core strengthening, balance, inversions and a wide range of standing and seated postures will be included. *Previous yoga experience recommended.*

Restorative Yoga
This ALL LEVELS restorative practice will include "active relaxation" - supporting the body with blankets, blocks, and other props to support postures which are held for several minutes. This will alternatively stimulate and relax the body allowing it to move towards balance. This practice is very beneficial to health, can reduce the effects of stress-related disease, and will leave you nourished and well rested.

All Levels Danskinetics
A blissfully fun way to let your yoga dance. Danskinetics brings out the inner playfulness as you feel the music and let your body move. No previous dance experience needed and no steps to remember. Danskinetics is an expression of how the music makes you feel. Class begins with slow moving music and steps that lead into yoga movements then into more upbeat music and ending with meditation. Danskinetics opens your heart, makes you feel alive and love the world you are in.

Gentle Yoga
This class is designed for Seniors or yoga students who have special challenges and needs—such as chronic pain—that have stopped them from taking even a beginner's yoga class. Our focus is still on fundamental hatha yoga postures (asanas) but with special modifications. Variations may be done in a chair instead of seated on the floor. Emphasis on breathing techniques (pranayama), balance and core strength will help you feel younger and more vital.

Pre-Natal Yoga
This class will help mom's learn yoga and other techniques that will enhance the experience of giving birth in a calm and gentle way. This is a 5 week series and requires a pre-registration. Not recommended for Yoga Beginners during first trimester. Be sure you have your doctor's approval before starting classes.

Mommy & Baby
Ages 6 weeks to crawling. Nurture yourself and your baby by sharing your yoga practice. Mommy and baby classes are designed to give you a fun and slightly rigorous class, by strengthening your body and calming your mind while helping your baby feel comfortable in their body. Learn techniques that will improve baby's digestion and calm fussiness. Please bring a blanket for your baby. Babies should be dressed comfortably without movement restriction. Also, make sure you have doctor's approval to begin exercising prior to starting class.

Kids Yoga
Ages 4-12. Introduce your kids to the creative expression & healthy benefits of yoga! Yoga enhances balance, concentration & self-control. It can also build self-esteem & reduce stress. But kids love it because it's fun! A fun way to lean focus and coordination through easy animal postures. Kids learn discipline, enhance balance and stability in growing bodies and minds. Drop Ins Welcome!

