

# JOIN OUR MORNING HATHA YOGA & MEDITATION CLASS



EACH WEEKDAY MORNING JOIN A STRUCTURED PRACTICE ROOTED IN THE 5-4-3-2-1 METHOD, SEAMLESSLY INTEGRATING ASANAS, BREATHWORK, AND MEDITATION. DESIGNED FOR BEGINNER TO INTERMEDIATE LEVELS, THIS PRACTICE ENHANCES FLEXIBILITY, STRENGTH, AND MINDFULNESS WHILE FOSTERING A DEEPER CONNECTION TO BREATH AND MOVEMENT

## WHAT TO EXPECT:

35 MINUTES OF ASANAS (PHYSICAL PRACTICE)  
WARM-UP SEQUENCE, ASANA FLOW  
INCLUDING SUN SALUTATIONS –  
A BALANCED MIX OF BEGINNER, INTERMEDIATE, AND ADVANCED POSES THAT PROGRESS OVER TIME AND COOL-DOWN SEQUENCE  
• 10 MINUTES OF PRANAYAMA & MEDITATION (MINDFULNESS) BREATHWORK, MUDRAS, AND AFFIRMATIONS ARE INTEGRATED PROGRESSIVELY TO ENHANCE DAILY MINDFULNESS AND FOCUS.  
EACH WEEK FOLLOWS A SPECIFIC THEMATIC INTENTION, ALLOWING GRADUAL TRANSFORMATION IN BOTH BODY AND MIND.

## AUGUST SCHEDULE :

CLASSES ARE 45 MINS

- MONDAY 5:30 AM
- TUESDAY 7:00 AM
- WEDNESDAY 5:30 AM
- THURSDAY 7:00 AM
- FRIDAY 5:30 AM

## PRICING:

WEEKDAY MORNINGS LIVE VIA ZOOM WITH TWO WAY COMMUNICATION  
WE WANT YOGA TO BE ACCESSIBLE TO ALL- BUSY PARENTS, CORPORATE WARRIORS AND PEOPLE FROM ALL WALKS OF LIFE WHO WANT TO TAKE A CLASS FROM THE COMFORT OF THEIR HOME!

DROP IN CLASS-\$15

MONTHLY UNLIMITED PACKAGE-\$100

VALID FROM 1ST OF EACH MONTH TO LAST DAY OF THAT MONTH  
TYPICAL MONTH HAS 20+ CLASSES

(\$5 PER CLASS)

BUNDLE OF 10 CLASSES -\$75

VALID FOR 2 MONTHS OR 8 WEEKS FROM PURCHASE  
(\$7.5 PER CLASS)

TO REGISTER EMAIL  
[DFREED@PLUMSTEAD.GOV](mailto:DFREED@PLUMSTEAD.GOV)