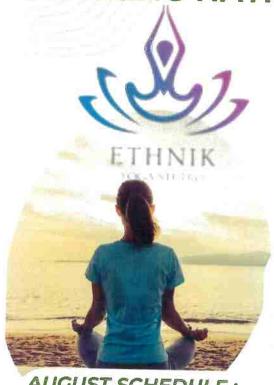
## JOIN OUR MORNING HATHA YOGA & MEDITATION CLASS



**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

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.

## 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

WONTHLY 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