



THE JOURNEY WITHIN
 NOURISHING SPIRIT, MIND, AND BODY
 1645 WARWICK AVE SUITE #224 401-215-5698
 AUGUST 2010



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					9:30 - 10:45 am Gentle Yoga with Guided Relaxation (Melissa)	9:30 - 10:30 am Yoga <i>all levels</i> (Morgan)
		5:00 - 6:00 pm *Heated Yoga* (Melissa) *warm room*				
	6:00 - 7:00 pm Beginner Yoga (Morgan)		6:30 - 7:30 pm *Heated Yoga* (Melissa) *warm room*			
				7:30 - 8:30 pm *Heated Yoga* (Melissa) *warm room*		

To register for classes please call 401-732-2899

Check descriptions on back

Class Descriptions

Beginner Yoga-

Learn the building blocks of yoga. Basic yoga postures, breathing techniques, self-awareness and relaxation will be used. All levels welcome!

ALL LEVELS

Gentle Yoga-

Soothe and nurture yourself with this gentle offering. Moving through slow stretches and yoga postures, you will alleviate tension and calm your soul. All classes end with a 15 minute guided relaxation .

ALL LEVELS

Yoga (all levels)-

Class will address several teaching styles. You may experience a class that holds postures longer or a class with a slightly quicker pace. We will nurture our spirit, mind, and body through yoga postures, breathing techniques, and relaxation. Modifications ALWAYS offered!

ALL LEVELS

Yoga Flow-

A more vigorous approach to your yoga practice. This class is a more athletic, flowing style with focus on strength and flexibility. *Class will be warm* Bring water!

INTERMEDIATE/ADVANCED

Kids Yoga-

Kids lengthen and strengthen their bodies with flowing sequences, balancing poses, breathing exercises, and simple relaxation techniques (Ages 5-12).

\$10.00/class or \$30.00/month unlimited.
See “Kids Pricing” sheet for additional child discounts.

Guided Meditation-

Join us for a relaxing gathering. After a few gentle tension relieving stretches, you will be led through a Journey of guided relaxations to soothe and calm your spirit. Eliminate stress, overcome anxiety, achieve more restful sleep, and nurture your soul!

\$5.00 Members \$10.00 Non-Members

Heated Yoga-

A series of yoga postures done in a heated room. The heat will allow you to detoxify the body internally and externally. Postures are held longer as we move through class at a slower pace, increasing strength and flexibility. **(90 minutes Wednesday, 60 minutes Saturday) BRING WATER!**

INTERMEDIATE/ADVANCED

****Please call or email to reserve space in all classes****