

# Lucky Elephant Yoga and Wellness

## Class Schedule

Check for class changes and cancellations on our website

### Monday

9:15 -10:30	Classic Flow - Level 2	Erina
11:00-12:00	Stretch and Flow	Theresa
4:30-5:45	Yin Yasa Yoga - All Levels	Bridget
6:00-7:15	Classic Flow - Level 2	Donna
7:30-9:00	Kundalini Yoga - All Levels	Angela

### Tuesday

5:45-7:00	Sunrise Yoga *	Jenna
9:30-10:45	Classic Flow - All Levels	Theresa
11:00-12:00	Beginner Yoga	Judy
4:30-5:45	Classic Flow - All Levels	Marc
6:00-7:00	Stretch and Flow	Valerie
7:15-8:30	Community Flow (donation)*	Jodi

### Wednesday

8:00-8:30	Meditation *	Bridget
9:15-10:30	Classic Flow - All Levels	Bridget
12:15-1:15	Stretch and Flow	Donna
4:30-5:45	Classic Flow - All Levels	Theresa

### Thursday

5:45 - 7:00	Sunrise Yoga *	Jenna
9:30 -10:45	Int/Adv Flow - Level 2/3	Jodi
11:00-12:00	Gentle Yoga	Bridget
4:30-5:45	Classic Flow - All Levels	Erina
6:00-7:15	Gentle/Restorative Yoga	Marla
7:30-8:30	CORE Flow	Wendy

### Friday

9:15-10:30	Classic Flow - All Levels	Jodi
11:00-12:15	Chair Yoga *	Bracha
5:00-6:15	Classic Flow - All Levels	Michelle
6:30-8:00	Restorative	Rotating

### Saturday

9:00-10:30	Classic Flow - Level 1/2	Bill
11:00-12:15	Community Class (donation)*	Adriana

### Sunday

9:00-10:15	Classic Flow - All Levels	Bridget
10:30-11:30	Mamaste Prenatal / Postnatal*	Bridget
11:45-1:00	Int/Adv Flow	Polina
5:30-6:30	Classic Flow - All Levels	Rotating

\* Indicates Special Class Pricing

132 PARK AVENUE, NEW CITY NY 10956  
(845) 538-5826  
www.luckyelephantyogaandwellness.com  
info@luckyelephantyogaandwellness.com

# Lucky Elephant Yoga and Wellness

## Studio and Classes

Come to class. Book a service. Feel supported and safe in a beautiful space with loving hearts.

We are an authentic and compassionate yoga and wellness studio in the heart of New City, NY. Our intention is to help others come closer into the peace and light already within them through the Practice of Yoga and Wellness. We believe yoga is accessible to everyone, regardless of physical ability or prior experience. Our highly trained, Yoga Alliance Certified teachers and highly trained therapists help you to find a safe, mindful and compassionate Practice that is appropriate to you at any level and experience. We take pride in working together as friendly and open facilitators of your wellness experience. We believe yoga classes should never be intimidating or cold and treatments should be a place to work deeper into your peace. You will find there is a very open line of communication within the staff and the students.

We strive to be a place where you can find support and peace and find your hOME.

## Prices

**New Student Special: Two Weeks Unlimited \$20.00**

Single Class	\$18
Student/Senior	\$15
10 Class Card	\$160 (4-month exp)
20 Class Card	\$300 (7-month exp)

### Monthly Unlimited - AutoPay (per month)

3-Month Commitment	\$140
6-Month Commitment	\$125
12-Month Commitment	\$95
12-Month Paid in Full	\$1080
Student/Teacher/Senior	\$75 (12-Month)
4 Session Monthly	\$50
2 Person Family Unlimited	\$150
4 Person Family Unlimited	\$225

### \*\* Special Class Prices\*\*

Chair Yoga	\$10 Drop In
Prenatal / Postnatal (Sunday)	\$10 Drop In
Meditation	\$5 Drop In
Sunrise Yoga	\$13 Drop In
Community Class	Donation Based Class

Wellness Sessions Available: AromaTouch, Jin Shun Jyutsu, Nutrition, Private Yoga Sessions, Reiki, Stretch Sessions, and Tapping (EFT)

Hosting an event? Need a space? Contact us about using our space for parties and events!

Need a Gift? GIFT CERTIFICATES AVAILABLE