



Lucky Elephant Yoga and Wellness



Class Schedule and Prices

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

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

Monday

9:15 -10:30	Classic Flow – All Levels	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 L
6:15-6:45	Meditation *	Bridget
7:30-9:00	Kundalini Yoga – All Levels	Yael

Tuesday

5:45-7:00	Sunrise Yoga *	Jenna
9:30-10:45	Classic Flow – Level 2	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)*	Bridget M

Wednesday

8:00-8:30	Meditation *	Bridget
9:15-10:30	Classic Flow - All Levels	Bridget
12:15-1:15	Stretch and Flow	Donna L
4:30-5:45	Classic Flow - All Levels	Theresa
6:30-8:00	Kundalini Yoga – All Levels	Angela

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

7:00-8:30	Yoga for Recovery (donation)*	Yael
9:15-10:30	Classic Flow – All Levels	Jodi
11:00-12:15	Chair Yoga *	Bracha
12:30-1:30	Classic Flow – Level 2	Billy
5:00-6:15	Classic Flow – All Levels	Bridget M

Saturday

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

Sunday

9:00-10:15	Classic Flow – All Levels	Bridget
10:30-11:30	Gentle/Prenatal *	Bridget
11:45-1:00	Int/Adv Flow	Katie
5:30-6:30	Classic Flow – All Levels	Billy

New Student Special –2-Week Unlimited Yoga and Meditation \$20.00

Single Class	\$18
Student/Senior	\$15
10 Class Card	\$160 (4-month exp)
20 Class Card	\$300 (7-month exp)
Annual Unlimited	\$1250

Monthly Unlimited – AutoPay (per month)

3-Month Commitment	\$140
6-Month Commitment	\$125
12-Month Commitment	\$95
Student/Teacher 12-Month	\$75
4 Session Monthly Autopay	\$50

**** Special Class Prices****

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

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

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

Need a Gift? GIFT CERTIFICATES AVAILABLE

*Indicates Special Pricing

**Check for class changes and cancellations on our website.

132 Park Ave, New City, NY 10956
(845) 538-5826

www.luckyelephantyogaandwellness.com
info@luckyelephantyogaandwellness.com