

The Family Yoga Center
442B William Floyd Parkway, Shirley, NY
631 721.7638 (call or text)
 Located behind Enrico's Jewelry Store
www.TheFamilyYogaCenter.com



Please visit our website for full class descriptions, upcoming workshops, and teacher bios.



SEPTEMBER-OCTOBER 2019 SCHEDULE:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9-10 am YOGA BASICS with Jennifer		8:30 am-9:30 am YOGA BASICS with Jennifer
	10-11 am YOGA BASICS with Jennifer				10-11:30 am MODERATE-ADVANCED YOGA with Jennifer
	4:30-6:00 pm MODERATE-ADVANCED YOGA with Jennifer Starts 10/1	4-5 pm YOGA BASICS with Jennifer			
YOGA EN ESPAÑOL with Tatiana Comienza el 28/10		6-7 PM CHAKRA YOGA with Jennifer Starts 10/16	5:30-6:30 RESTORATIVE YOGA with Jennifer Starts 10/3		

CLASS DESCRIPTIONS AND PRICING:

<p>Moderate/ Advance:</p> <p>For students familiar with the proper alignment of postures. Inversions & arm balances are practiced.</p>	<p>Yoga Basics:</p> <p>Learn foundational yoga poses that can be modified to your ability. Great for seniors, those new to yoga, or people with injuries. All Levels are welcome.</p>	<p>Restorative Yoga:</p> <p>A form of yoga that seeks to achieve physical, mental, and emotional relaxation with the aid of props. Open your body through passive stretching. Starts 10/3</p>	<p>Chakra Yoga:</p> <p>A sequence of yoga postures that will activate and balance your chakras. Classes will fluctuate between concentrating on one, several, or all seven chakras. Starts 10/16</p>	<p>Yoga en Español:</p> <p>Tomamos una postura a la vez, centrándonos en la alineación Anatómica. Todos los niveles son bienvenidos. Comienza el 28/10</p>	<p>A private yoga session is a client centered, customized, high level private service. Jennifer specializes in private yoga for athletes, injuries, new moms, perimenopause/menopause, and many other concerns. Call/text to schedule.</p>	<p>Jennifer offers private Yoga for the Special Child @ sessions. This is gentle and therapeutic- safe for babies and children with Down Syndrome, Microcephaly, Cerebral Palsy, Autism and other developmental disabilities. Call/text to schedule.</p>
<p>60 minute 5 Class card:</p> <p>\$65 investment (\$13 a class, save \$10, expires in 1 month). Workshops and specialty classes are not included. Non-transferable.</p>	<p>60 Minute 5 Class card:</p> <p>\$70 investment (\$14 a class, save \$5, expires in 2 months). Workshops and specialty classes are not included. Non-transferable.</p>	<p>90 minute 5 Class Card:</p> <p>\$85 investment (\$17 a class, save \$15, expires in 2 months). Workshops and specialty classes are not included. Non-transferable</p>	<p>90 minute 10 Class Card:</p> <p>160 investment (\$16 a class, save \$40, expires 3 months). Workshops and specialty classes are not included. Non-transferable.</p>	<p>60 Minute Class Drop in: \$15</p> <hr/> <p>90 Minute Class Drop In: \$20</p> <hr/> <p>New Students: 3 classes for \$30 (good for 2 weeks)</p>	 <p>Like us on Facebook</p>	 <p>Follow us on Instagram</p>

