

**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](http://www.TheFamilyYogaCenter.com)




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



**SPRING 2019 SCHEDULE:**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9–10 am YOGA BASICS with Jennifer Starts 4/11/19		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
			4–5 pm YOGA BASICS with Jennifer			
				5–6 pm YOGA BASICS with Jennifer		

**CLASS DESCRIPTIONS AND PRICING:**

<b>Moderate/Advance:</b> For students familiar with the proper alignment of postures. Inversions & arm balances are practiced.	<b>Yoga Basics:</b> Learn foundational yoga poses that can be modified to your ability.	<b>May 16 &amp; 20:</b> <b>Teacher Trainee Classes</b> These classes are taught by our teachers in training and are geared for the beginner student. \$10 donation	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.	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.
60 minute 5 Class card:  \$65 investment (\$13 a class, save \$10, expires in 1 month). Workshops and specialty classes are not included. Non-transferable.	60 Minute 5 Class card:  \$70 investment (\$14 a class, save \$5, expires in 2 months).  Workshops and specialty classes are not included. Non-transferable.	90 minute 5 Class Card:  \$85 investment (\$17 a class, save \$15, expires in 2 months). Workshops and specialty classes are not included. Non-transferable.	90 minute 10 Class Card:  160 investment (\$16 a class, save \$40, expires 3 months).  Workshops and specialty classes are not included. Non-transferable.	 Like us on Facebook	60 Minute Class Drop in: \$15  90 Minute Class Drop In: \$20  New Students: 3 classes for \$30 (good for 2 weeks)
				 Follow us on Instagram	 Sign up /book classes on MindBody app

