

NEW TO YOGA?

Don't fret! Here's everything you need to know to prepare for your first class:

Please arrive at least 10 minutes before class starts. Parking is available on the street and near the railroad tracks.

What to wear:

Wear clothes that you are comfortable moving in. Most people wear yoga pants or clothes that you would work out in. We practice yoga in our bare feet so please leave your shoes at the door.

What to bring:

Please bring your own yoga mat if you have one. We have yoga mats available to borrow if you do not have one with you. You might also like to bring: a water bottle, small towel, any other yoga props you own, a smile. :)

How to prepare:

- Try not to eat a heavy meal within two hours before class.
- Inform your instructor of any health concerns prior to practice, and be sure to consult your physician before beginning a new exercise program.
- Listen to your body when you practice, and rest when you need to.
- Silence your cell phone and other devices before entering the studio.

See you on the mat!



PRICING

GROUP CLASSES

Drop-In \$15

Student Drop-In \$12
(with Student ID)

5 Pack \$65
(Expires in 6 weeks)

10 Pack \$110
(Expires in 6 weeks)

Unlimited Month \$120
(Expires in 30 days)

Unlimited Year Autodraft \$108
(Savings = **1 month FREE**, plus
10% off workshops, 3 guest
passes/year, and more)

Unlimited Year Prepaid \$1188
(Savings = **2 months FREE**, plus
10% off workshops, 3 guest
passes/year, and more)

PRIVATE YOGA/PILATES SESSIONS

per hour

Private Session \$44-68

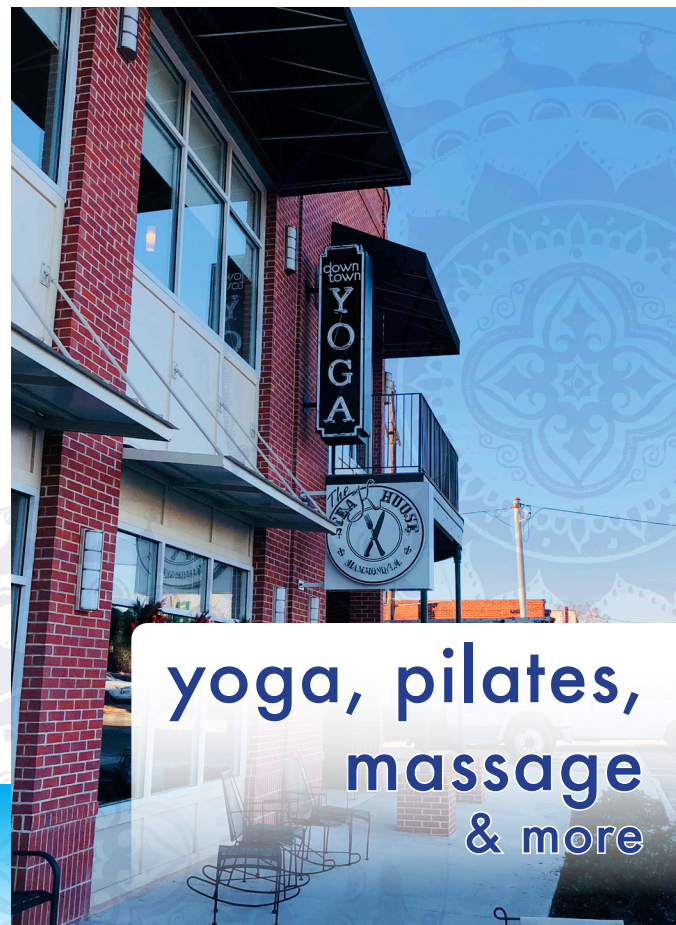
Duet (per person) \$34-42

Trio (per person) \$28-35

Ask about our Private Group Sessions
— great for employees, athletic teams,
birthdays, and more!

985.520.5757 • www.hammondyyoga.com
200 SW Railroad Ave. Suite B, Hammond, LA
(Above The Steakhouse Restaurant)

down town yoga



yoga, pilates,
massage
& more

GROUP CLASSES

with **certified, registered instructors**

View schedule at www.hammondyyoga.com

See pricing on back of brochure.

FLOW Connect breath with movement while building strength and flexibility with a strong focus on alignment. Learn to let go of outside distractions as you take your focus inward. Leave feeling calmer and more balanced, physically and mentally. **Basics, All Levels, and Advanced** classes available.

YIN Yin yoga teaches the body to surrender allowing deep tissues to release and minds to quiet. A gentle practice with long holds that are more active than Relaxation yoga.

RELAXATION A very slow, gentle practice. Long holds in restorative poses, supported by bolsters and blankets, allowing for a deep release of physical and mental tension. The only effort needed is to show up!

PILATES MAT is a series of exercises that focuses on improving core strength, flexibility and postural stability. Based on the original Joseph Pilates method, the class combines breath and movement to invigorate and enhance the body's natural capabilities to improve overall health and mobility.

PLUS:

CHAIR YOGA • NIDRA • MEDITATION • KIDS' YOGA



PRIVATE SESSIONS

PRIVATE: Perfect for beginners, the student looking for individualized attention or a customized practice.

DUET or TRIO: Perfect for you and 1-2 friend(s)/ family member(s) to have your own practice in a private setting.

GROUP: Corporate team building, sports team bonding, and many other opportunities for groups of 35 people or less. Contact studio for special pricing.



MASSAGE

with **Alison Maraman**, LA LMT 5488

SWEDISH LIGHT 60 min \$70 • 90 min \$100
A general, gentle massage with light pressure. This massage is great for those who do not like deep pressure, or cannot tolerate it. This is a great choice for a full body massage.
Add Hot Stones for \$10

SWEDISH DEEP TISSUE 60 min \$70 • 90 min \$100
A general, deep tissue massage. This massage penetrates deeper into the muscle tissue than the light version. This is a great choice for a full body massage.
Add Hot Stones for \$10

BAREFOOT DEEP TISSUE 60 min \$80 • 90 min \$110
This is a "backwalking" massage. The therapist uses bars overhead for balance, and delivers the massage with her feet. Use of the feet and body weight adds more pressure to the massage. This type of massage is best for the shoulders, back, and glutes, and can be done on the full body.

SITE SPECIFIC 30 min \$55 • 60 min \$75
This type of massage could incorporate Neuromuscular Techniques, Myofascial Release, or Cross Fiber Friction, depending on the need. This is a great choice for concentrated work on one area. Examples for site specific massage include: Headaches, Neck and Shoulder Pain, Lower Back Pain, and certain medical conditions that require specific techniques. ***30/60 min Package of 4 with \$20 savings is available only with Site Specific massage.**

PRENATAL 60 min \$70
This massage is good throughout a normal pregnancy, and can provide relief for any typical muscle discomfort like aching hips, low back, and shoulders. There are, of course, some contraindications for prenatal massage, which can be discussed prior to scheduling an appointment.



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