

NEW TO YOGA?

Here's everything you need to know to prepare for your first class:

Arrive at least 10 minutes before class time. Parking is available on the street and near the railroad tracks.

What to wear:

General workout attire works well for yoga. However, wear what you're comfortable in! Yoga is practiced in bare feet so please leave your shoes in the upstairs lobby upon arrival.

What to bring:

If you have a yoga mat, please bring it with you. No mat? No problem! We have mats and props (blocks, straps, etc) available for use. Other suggested items: a water bottle, small towel, and a smile. :)

How to prepare:

- Avoid heavy meals within 2 hours before class.
- Inform your instructor of any health concerns or injuries prior to practice. Consult with your physician before beginning any new exercise program.
- Listen to your body when you practice, and rest when needed.
- Silence your phone, smart watches, and other devices that may distract you or others.

See you on the mat!

PRICING

GROUP CLASSES

Drop-In	\$15
Student Drop-In (with Student ID)	\$12
5 Pack (Expires in 6 weeks)	\$65
10 Pack (Expires in 6 weeks)	\$110
Unlimited Month (Expires in 30 days)	\$120
Unlimited Year Autodraft (Savings = 1 month FREE , plus 10% off workshops, 3 guest passes/year, and more)	\$108
Unlimited Year Prepaid (Savings = 2 months FREE , plus 10% off workshops, 3 guest passes/year, and more)	\$1188

PRIVATE YOGA SESSIONS

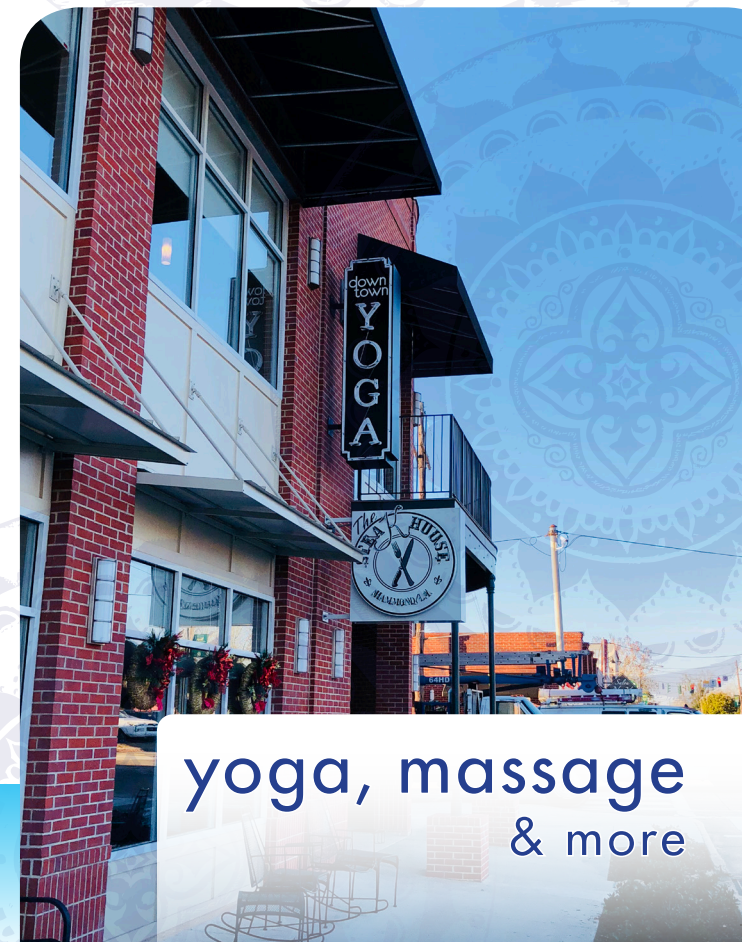
per hour

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)

downtown yoga



yoga, massage
& more



GROUP CLASSES

with certified, registered instructors

View schedule at www.hammondyoga.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. Beginners welcome.

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!

MEDITATION Guided Meditation utilizing breath awareness and other points of focus to help steady the attention and quiet the mind. Beginners and regular practitioners are welcome.



PRIVATE SESSIONS

See pricing on back of brochure.

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.



THE GREAT YOGA WALL:

The only one in the region... helps you find alignment, ease and fun in your practice!

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 (winter only)

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 (winter only)

BAREFOOT DEEP TISSUE 60 min \$70 • 90 min \$100
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 60 min \$70 • 90 min \$100
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.

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.

