

## December Yōgā Śtūdiō Śchēdūlē fōr Akāṣhāṣ Jōurnēy

	Sunday	Monday	Tues	Wed	Thursday	Friday	Saturday
8:15am–9:15am	<b>Strength &amp; Flow</b> (Intermediate level class) <i>Deb</i>						
9:30am-10:30am	<b>*Zen Yoga</b> <i>Deb</i> & <i>Maryalyce</i> SilverSneakers Approved						
11:00am-12:00pm	<b>*Foundational Yoga</b> For Emotional Wellness <i>Deb</i> SilverSneakers Approved						
12:30pm-1:30pm							
5:50pm-6:50pm							
6:15pm-7:00pm					<b>*EnerChi</b> <i>Deb</i> SilverSneakers Approved		
7:05pm-8:05pm		<b>*Gentle Yin Yoga</b> <i>Deb</i> SilverSneakers Approved			<b>*All Level Vinyasa</b> <i>Deb</i> SilverSneakers Approved		

\*Appropriate for beginners. All levels welcome.

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# Yoga/Barre/Movement Class Price List

(effective 5/1/19)

## Drop-In Rates

Adults 15+	_____	\$18
Bring-a-Friend	_____	\$15/ea
Seniors 65+, Veterans, HS, & college students under 22	_____	\$12
Children under 14	_____	\$10

## Multi-Class Passes

New Student 2-class Intro Pass	_____	2/\$20
5-Class Pass	_____	\$85
Seniors 65+, Veterans, HS& College students under 22	_____	\$58
(students must present current school ID)		
Children under 14	_____	\$50
(can be shared by young siblings)		
10-Class Pass	_____	\$135
Seniors 65+, Veterans, HS & College students under 22	_____	\$110
(students must present current school ID)		
Children under 14	_____	\$100
(can be shared by young siblings)		
20-Class Pass	_____	\$225
Seniors 65+, Veterans, HS & College students under 22	_____	\$200
(students must present current school ID)		
Children under 14	_____	\$200
(can be shared by young siblings)		

## Unlimited Monthly Class Pass

(expires 1 month after date of purchase)

Adults 15+	_____	\$175
Seniors 65+, Veterans, HS & College students under 22	_____	\$150

**Thr Private in studio** \_\_\_\_\_ \$85

(for more details contact studio or your desired instructor)

Contact the studio for parties, group rates, and applications for sliding scale rates.

*We want to encourage you to build a healthy and enjoyable yoga practice.*

*The more you attend, the less you pay per class.*

Special pricing may apply to classes taught in series.

[www.AkashasJourney.com](http://www.AkashasJourney.com)

(845) 244-0844

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