

Māy Yōgā Śtūdiō Śchēdulē fōr Akāṣhāṣ Jōurnēy

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15am–9:15am	Strength & Flow <i>Suzanne</i>					*Don't F#ck with my Flow 5/3 6:55pm (Reg required)	*Foundational Yoga (Chair mods included) <i>Suzanne</i>
9:30am-10:30am	*Zen Yoga <i>Suzanne</i>					*Compassionate Heart Yoga with Kuan Yin & Mary 5/10 6:55pm <i>Suzanne</i> (Reg suggested)	*Yoga for Emotional Wellness <i>Suzanne</i>
10:45am-11:45	*Unicorn Yoga 45 min <i>Suzanne</i> (5/5 Registration Req)					*Lunar Yoga Scorpio Full Moon 5/17 6:55pm (Reg required)	*Barre 55 min <i>Suzanne</i>
12:00pm-1:00pm				Check the back for Summer Student Rates May-August		5/24 No 7pm Yoga. Come to the Mediumship Gallery with Shaine!	
1:00pm-2:00pm (NEW CLASS)	*Silver Sneakers Stability <i>Deb</i> (5/19 Reg Req)					*Zen Yoga With Crystals 5/31 6:55pm (Reg suggested)	
5:45pm-6:45pm				*Barre 55 min <i>Suzanne</i>		*Barre 55 min <i>Suzanne</i>	
6:55pm-7:55pm		*Yin Yoga <i>Deb</i>		*Foundational Yoga <i>Suzanne</i>	*All Level Vinyasa <i>Deb</i>	*YogaWorkshops SEE ABOVE FOR DATES!	

***Appropriate for beginners**

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***Appropriate for beginners**

Yoga/Barre/Movement Class Price List

(effective 5/1/19)

Drop-In Rates

Adults 15+ _____ \$18
Bring-a-Friend _____ \$15/ea
May, bring a new friend @ you get a free 20 min private class!
Seniors 65+, Veterans, HS, & college students under 22 _____ \$12
Children under 14 _____ \$10

Multi-Class Passes

New Student 2-class Intro Pass _____ 2/\$25
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

(845) 244-0844

Yoga/Barre/Movement Class Price List

(effective 5/1/19)

Drop-In Rates

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