### Şeplember Yoga Ştudio Şchedule for Akasha's Journey

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15am— 9:15am	Strength & Flow Suzanne						
9:30am- 10:30am	<b>*Zen Yoga</b> Suzanne						*Foundational Yoga Deb
10:45am- 11:45							*Stability Deb Silver Sneakers
1:00pm- 2:00pm							
5:45pm- 6:45pm				*Barre 55 min Suzanne		*Barre 55 min Suzanne	
6:15pm- 7:00pm					*EnerChi Deb Silver Sneakers		
6:55pm- 7:55pm		*Gentle Yin Yoga Deb Silver Sneakers		*Foundational Yoga Suzanne	*All Level Vinyasa 7:15pm Deb Silver Sneakers		

<sup>\*</sup>Appropriate for beginners

### September Yoga Studio Schedule for Akasha's Journey

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15am- 9:15am	Strength & Flow Suzanne						
9:30am- 10:30am	*Zen Yoga Suzanne						*Foundational Yoga Deb
10:45am- 11:45							*Stability Deb Silver Sneakers
1:00pm- 2:00pm							
5:45pm- 6:45pm				*Barre 55 min Suzanne		*Barre 55 min Suzanne	
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6:55pm- 7:55pm		*Gentle Yin Yoga Deb Silver Sneakers		*Foundational Yoga Suzanne	*All Level Vinyasa 7:15pm Deb Silver Sneakers		

## Yoga/Barre/Movement Class Price List

(effective 5/1/19)

	www.AkashasJourney.com (845) 244-0844
es.	Special pricing may apply to classes taught in series.
a practice.	We want to encourage you to build a healthy and enjoyable yoga practice. The more you attend, the less you pay per class.
ale rates.	Contact the studio for parties, group rates, and applications for sliding scale rates
	(for more details contact studio or your desired instructor)
\$85	ıhr Private in studio
\$150	Seniors 65+, Veterans, HS & College students under 22
\$175	Unlimited Monthly Class Pass (expires 1 month after date of purchase) Adults 15+
	(can be shared by young siblings)
\$200	Children under 14
\$200	Seniors 65+, Veterans, HS & College students under 22(students must present current school ID)
\$225	20-Class Pass
	(can be shared by young siblings)
\$100	(students must present current school ID)  Children under 14
\$110	Seniors 65+, Veterans, HS & College students under 22
\$13 <b>5</b>	(can be shared by young siblings) 10-Class Pass
\$50	Children under 14_
\$50	(students must present current school ID)
\$85	
2/\$20	New Student 2-class Intro Pass
	Multi-Class Passes
\$10	Children under 14
\$12	Seniors 65+, Veterans, HS, & college students under 22
\$15/ea	Bring-a-Friend
\$18	Adults 15+
	Drop-In Rates

# Yoga/Barre/Movement Class Price List

(effective 5/1/19)

Drop-In Rates	6
Bring-a-Friend	\$15/ea
Bring a new friend & you get a free 20 min private class! Seniors 65+. Veterans. HS, & college students under 22	\$13 !
Seniors 65+, Veterans, HS, & college students under 22 Children under 14	\$12 \$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)	
(can be shared by young siblings)	+)(
10-Class Pass	\$135
Seniors 65+, Veterans, HS & College students under 22	\$110
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)	) )
(can be shared by young siblings)	ļ

### Unlimited Monthly Class Pass

Ihr Private in studio (for more details contact studio or your desired instructor)

\$85

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.

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