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MORE THERAPEUTIC SERVICES
Visit yogaamongfriends.com for more information and to register

MAY CLASS & WORKSHOP SCHEDULE

We offer both in person classes at the studio & livestream classes via Zoom.

MONDAY

9:30-10:45 am	Multi-Style Yoga— <i>Studio</i>	Jessica
11am-12:15 pm	Plus Size Yoga 6 Week Series — <i>Studio, meets 4/8-5/13 and 5/20-7/1(no class 5/27)</i>	Jessica
5:30-6:45 pm	Vinyasa Flow— <i>Studio & Zoom</i>	Laura Jane
7-8 pm	Fundamentals of Yoga	Meredith

TUESDAY

9:30-10:45 am	Vinyasa Flow— <i>Studio & Zoom</i>	Laura Jane
4-5 pm	Yoga for Kids (6-12 years) 6 Week Series — <i>Studio, meets 4/23-5/28</i>	Bea
5-6 pm	Beginner's Yoga— <i>Studio & Zoom</i>	Patti
6:15-8:15 pm	Workshops! Therapeutic Yoga Series — <i>Yoga for Low Back Health, 5/7</i> — <i>Yoga for Upper Back, Neck & Shoulders, 5/21</i>	Jessica

WEDNESDAY

9:30-10:45 am	Multi-Style— <i>Studio & Zoom</i>	Jill
4-5 pm	Yoga for Kids (6-12 years) 6 Week Series — <i>Studio, meets 4/24-5/29</i>	Bea
5-6 pm	Beginner's Yoga— <i>Studio & Zoom</i>	Marla
6:15-7:15 pm	New! Prenatal Yoga 6 Week Series— <i>Studio</i> — <i>Studio, meets 4/24-5/29</i>	Therese

THURSDAY

9:30-11 am	Vinyasa Flow— <i>Studio & Zoom</i>	Julie S.
12-1pm	Multi-Style— <i>Studio & Zoom</i>	Donna
5-6 pm	Yoga for Stress & Anxiety— <i>Studio & Zoom</i>	Meredith

FRIDAY

9:30-10:45 am	Vinyasa Flow— <i>Studio & Zoom</i>	Laura Jane
11 am-12 pm	Gentle Yoga— <i>Studio</i>	Deb

SATURDAY

8-9 am	Fundamentals of Yoga— <i>Studio & Zoom</i>	Meredith
9:30-11 am	Iyengar Yoga— <i>Studio</i>	Maria
5:30-7 pm	Workshop! Guided Sound Bath Meditation — <i>Studio, meets 6/15</i>	Marian, Gaby

SUNDAY

9-10:15 am	Meditative Flow— <i>Studio</i>	Marina
12-12:45 am	New! Community Yoga Class— <i>Studio</i>	Varies
1-3:30 pm	Workshop! Summer Ayurveda & Yoga — <i>Studio, meets 6/2</i>	Aimee

YOGA THERAPY 1-ON-1 PRIVATE YOGA SESSIONS

Yoga therapy is an essential alternative or complementary treatment methodology to biomedical, illness-based healthcare. It's the adaptation of a yoga practice designed for the individual's own needs using the tools of physical movement along with breath techniques.

Medical research shows that Yoga Therapy is among the most effective complimentary therapies for the stresses of life. When yoga tools are practiced with therapeutic intentions, one can either prevent or help alleviate the symptoms of illness on the physical, mental and emotional layers of our lives.

All Yoga Among Friends' yoga therapists are experienced, caring, professionally trained and certified by the International Association of Yoga Therapists.

By Appointment. Visit yogaamongfriends.com/yoga-therapy-1 for more information. For questions or to schedule an appointment, contact the studio.

PLUS-SIZE YOGA 6-WEEK SERIES

Plus Size Yoga offers a supportive and inclusive environment for individuals of all body shapes and sizes. Class incorporates movement, breath, and meditation to promote a sense of calm and confidence in the body. Using modifications including the use of props, yogic breathing, adaptation of poses, and proper alignment, this class is accessible to all. Build strength and mobility and gain more resilience in daily life.

\$125 for the series
6 Mondays | 11am-12:15pm | April 8-May 13

PRENATAL YOGA

Prenatal Yoga helps you adapt to your growing belly and changing body while relieving the discomforts of pregnancy. Stretching, breathing techniques, and hip openers are taught to improve your stamina, strength, and balance and to prepare your body to give birth. Learn techniques to alleviate back and leg pain.

Drop-in \$25/Class
6 Wednesdays | 6:15-7:15pm | April 24-May 29

YOGA FOR KIDS AGES 6-12

Give your child the gift of mindfulness with our 6-Week yoga class, designed Just for them! Kids will learn about the Yamas and Niyamas and how to apply them to treat themselves and others with kindness and compassion. They'll enjoy an anxiety-free space with freedom to create and move their bodies with yoga poses and basic breath-work techniques. A fun experience is for kids to make new friends, try new things, and learn new ways to calm their bodies!

Drop-in \$21/class
6 Tuesdays | 4-5pm | April 23-May 28
6 Wednesdays | 4-5pm | April 24-May 29

WORKSHOPS, RETREATS + EVENTS

Yoga Nidra, Guided Sound Bath Meditation, and Yoga Nidra with Crystal Bowl Sound Therapy are some of the different workshops that are regularly scheduled to help you relax and recharge. View details and register for all our upcoming workshops on our website. We also lead yoga retreats each year overseas.

YOGA CLASS & WORKSHOP PRICING

NEW STUDENT SPECIAL \$39*

14 days of Unlimited Yoga classes In Studio & Zoom. Valid for students new to YAF.

MONTHLY SUBSCRIPTIONS Includes Studio, Zoom & VOD Classes

Monthly Unlimited Classes* . . . \$139/mo 4x/week=\$9/class, 3x/week=\$11.58/class

Monthly 9 Yoga Classes* . . . \$119/mo (\$13.20/class) Practice 2x week

Monthly 5 Yoga Classes* . . . \$79/mo (\$15.80/class) Practice 1x week

Subscriptions automatically renew with a credit card every 30 days. NO CONTRACT. Cancel anytime BEFORE your next auto payment. No refunds. **Additional Options: 1, 5 & 9 Class Package Gift Certificates can be purchased online and used by anyone who doesn't want a subscription.**

GENERAL PRICING

Single Class*. \$20 for Studio or Zoom

SPECIALTY CLASS & WORKSHOP PRICING

Guided Sound Bath Meditation. \$40 prepaid/\$45 at the door

Plus Size Yoga \$125/6 week series

Prenatal Yoga. \$25/class

Summer Ayurveda & Yoga \$57

Therapeutic Yoga Series. \$57/workshop

Yoga for Kids \$21/class

*Excludes specialty classes, series classes and most workshops

We ONLY accept cash or checks at the studio. All credit card payments, subscriptions, & gift certificate purchases must be made online at yogaamongfriends.com. Online registration and payment is recommended, but we will accept drop-ins as long as: the class has not reached maximum occupancy and the drop-in student pays in cash or check prior to participating in the class. Registration closes 15 minutes before class starts.