

New Life Massage & Whole Living Solutions

Yoga & More

Instructors

Toby Mohlman Tiffany Barbarine
Lana Sevel Karen Mahoney Kara Dolan-Laudi
Mesha Moor Jennifer Papanikolaou

Pricing

Pilates Classes \$15 or 5 for \$65
Yoga Class \$12 – Tiffany, Lana, Karen, Toby
Yoga Classes \$14 or 5 for \$60 – Kara
Yoga Workshops & Series – Varies. See website for details



Your Massage for Two Awaits!

New Classes

Pilates

Fridays 7:00 am – 8:00 am

Starts February 9th – sign in required

Sunday

Mondays

5:45 pm Beginner's Hatha Yoga with Kara

Tuesdays

9:30 am Pilates with Jennifer
7:15 pm Yoga Basics with Toby

Wednesdays

5:15 pm All Levels Flow with Lana

Thursdays

9:30 am Pilates with Jennifer
5:45 Beginner's Hatha Yoga with Kara
7:00 pm – Gentle Restorative Yoga with Kara

Fridays

7:00 am Pilates with Jennifer

(Contingent on 3 person minimum. Sign in required)

❖ Evenings – Special Events (registration required)

Saturdays

9:00 am 75 Minute Vinyasa Level II (Warm) with Tiffany
10:30 am All Levels Vinyasa Flow I (No Heat) with Tiffany

Hatha Yoga/ Beginner's Hatha Yoga

This is a traditional class. It focuses on controlled breathing and short-held poses. Comprised of standing and seated postures that will move you towards a place of daily strength, flexibility, and vitality. Appropriate for all levels.

All Levels Flow

An exploration of yoga, blended to integrate postures that invite whole body participation. We will incorporate stretching, breathwork, and more active movement intended to encourage alignment and balance. Accessible to all levels.

Yoga Basics/Beginners

Beginners, returning yogis and competitive athletes will increase range of motion in joints and create openness throughout the body. You will become familiar with alignment focused postures that bring integrity of health and a stronger connection between the mind, body and heart.

Gentle/Restorative Yoga

This class is truly beneficial *for* every "body". Perfect for those who wish to start a yoga practice or for tired over worked bodies. Feel your "self" peel open from within layers of stress and unwind in a noncompetitive, warm, welcoming atmosphere.

All Levels Vinyasa Flow

With attention to breath and alignment, this smooth and fluid yoga practice will gently strengthen the body and calm the mind. **No heat, All levels**

Vinyasa Level II

This Vinyasa style class, at 83-85 degrees, is for intermediate to seasoned yogis. It will require at least 5 basic and/or slow yoga flow classes under your belt, a sweat towel and bottle of water. By softening the mind and connection to breath, you will be returned a stronger, more flexible body and happier heart. **Intermediate/Advanced**

Pilates

Pilates is a method of body conditioning that focuses on developing a strong core, while improving flexibility, coordination, and balance. Emphasis is placed on correct alignment, breathing, control, and concentration. Pilates will enable you to lengthen and tone your muscles, decrease stress, improve your focus, and repair your body while improving posture. Pilates enhances daily activities as well as sports performances. **All levels.**

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