

SPECIAL EVENTS

FREE PILATES CLASS

Monday September 8 - 5:10-6:00pm

Join Carol for this first offering of Pilates Mat classes at Yoga Flow Studio.

WELCOME Karine

Join Karine for the first offering of YOGAHOURL classes at Yoga Flow Studio.

WELCOME Patti Mataska

and Salutations Yoga to Yoga Flow Studio.

WELCOME Lori Pappas

now offering Kundalini Yoga at Yoga Flow Studio.

STAY TUNED for offerings from

SACRED ELEMENTS YOGA THERAPY SCHOOL

at Yoga Flow Studio.

Continuing Education and Yoga Therapy Modules
with Lorraine & Guest teachers



**september-
october 2014**

977 Glen Cove Avenue, Glen Head NY 11545
Tel. (516) 656-0672 • yogaflowstudio@gmail.com

www.yogaflowstudio.com

DROP-IN CLASSES

The following classes are offered on a drop-in basis. You may purchase a Series pass for these classes, which is valid for 3 months from date of 1st use and can be used for any drop-in class.

Mondays

9:45-11:15am	Align & Flow level 2-3	Lorraine	<u>No Class</u> 9/1
11:45-1:00pm	Level 1	Melanie	9/1
4:00-5:00pm	Gentle Yoga Hour *	Karine	9/1 & 10/13
5:10-6:00pm	Pilates Mat *	Carol	9/1 & 10/13
6:15-7:25pm	Level 1	Laura	9/1
7:35-8:35pm	Kundalini Yoga *	Lori	9/1

Tuesdays

10:45-11:45am	Yogahour level 1-2 *	Karine	9/2
12:00-1:20pm	Align & Flow level 2	Lorraine	
6:00-7:20pm	Ashtanga Yoga level 2	Morgan	

Wednesday

9:45-11:00am	Level 1-2	Stacey	
4:30-5:45pm	Level 1	Melanie	
6:00-7:15pm	Level 2	Maria	9/24

Thursday

9:45-11:15am	Align & Flow level 2-3	Lorraine	
7:15-8:45pm	All Levels *	Patti	

Friday

9:45-10:45am	Yogahour level 2 *	Karine	
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Saturday

8:00-9:00am	Gentle Yoga Hour	Maria	<u>No Class</u>
9:15-10:30am	Level 1-2	Maria	
10:45-12:15pm	All Levels *	Patti	
1:00-6:00pm	Workshops		

Sunday

9:00-10:15am	Level 1-2	Morgan	
10:30-11:30am	Beginners Hour	Morgan	9/14
12:00-6:00pm	Workshops		

*New class.

CLASS FEES

Single class \$20 • Yogahour single class \$15

Pilates drop-in \$22 / Pilates 6 series \$120

5-class series \$90

10-class series \$175 • Yogahour 10 series \$140

20-class series \$300

2-month unlimited \$250

New Student Special 3 classes \$30

and get a free pass for a friend

PT / Yoga Therapy Initial Evaluation \$175

Additional visits \$125

Private Yoga \$120

Semi-Private Yoga add \$10 per additional person

All series have a 3-month, 3-class card has a 1-month expiration.