



SEPTEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11:30am-12:30pm Chair Yoga Tristina	11:00am-12:00pm Yoga Stretch & Meditation *** Karen		12:30pm-1:30pm Chair Yoga Tristina	9:15am-10:15am Mixed Level Yoga *** Arti	
5:30pm-6:30pm Mixed Level Yoga *** Arti	6:00pm-7:00pm Sun/Moon Yoga Karen	5:30pm-6:30pm Mixed Level Yoga *** Arti	5:30pm-6:30pm Gentle Yoga Arti			

Classes marked [*] will be offered in person on our back deck, weather permitting. Space is limited due to social distancing measures.**
All classes will continue to be offered virtually through Zoom.

*All classes are Mixed Level/Beginner Friendly unless noted on the schedule.
 Classes are subject to change. For the most up-to-date information, check our website or app.*



<h2>CLASS DESCRIPTIONS</h2>	<p>Chair Yoga: One of the gentlest forms of yoga where poses are practiced seated or with the assistance of a chair. This mixed level class will be customized to you with the option to incorporate more standing, balancing and strengthening asanas (poses). An ideal class for beginners, those recovering from injury or living with chronic pain or illness.</p> <p>Gentle Yoga: Designed to relieve stress as well as help alleviate joint and nerve tension. This class moves at a gentler pace in order to go deeper into stretches. Beginner friendly, but students are required to move fluently from the floor to standing positions to experience the full benefits. Pranayama (breath) and meditation practices also included. vlf you have severe knee/joint injuries, you may be interested in our chair yoga class instead.</p> <p>Mixed Level Yoga: An open flow style yoga. Great for all levels.</p> <p>Sun/Moon Yoga: A balanced yoga experience beginning with heat building (Sun) movements and ending in cooling restorative (Moon) poses.</p> <p>Yoga Stretch & Meditation: Begin with yoga stretches and prana (breathwork) on the yoga mat to prepare the mind and body for a guided meditation to reduce stress while increasing flexibility. The session ends with a few minutes of journaling or personal reflection to create a sense of balance between mind and body.</p>
<h2>PRICING</h2>	<p>Class Drop-In Rate: \$15 Studio 10 Class Pass: \$125 [Valid for 1 Year] Monthly Unlimited Memberships: Studio \$99 Deluxe \$179 Ultimate \$279</p>
<h2>PRIVATE EVENTS</h2>	<p>To learn more about scheduling your private party, special event or corporate retreat during an available time on the schedule, please contact: Email: hello@centerpointhackettstown.com Phone: 908.850.1500</p>