

A BOUTIQUE YOGA STUDIO IN THE HEART OF PORT JEFFERSON VILLAGE

Breathe Move Heal

Only 6 mats per class

Individualized attention for EVERY student (Beginners Welcome!)

Focus on functional movement and alignment for YOUR BODY to prevent injury

We have mats, belts, blocks, bolsters and blankets for everyone's use

Breath Work, Meditation and Aromatherapy every class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Sunrise Flow 6:15 am		Morning Sunrise Flow 6:30 am		Morning Sunrise Flow 6:30 am		
	Flow Foundations 7:30 am		Flow Foundations 7:30 am			
Flow Foundations 9:30 am	Neck,Back,Hips: Chronic Pain Recovery 12 pm			Flow Foundations 9:30 am	Revitalize/Restore 9:30 am	Revitalize/Restore 9:30 am
	Gentle Healing 6 pm		Gentle Healing 6 pm		Yoga and Sound Meditation 4:30 pm	Revitalize/Restore 4:30 am
Mather Hosp. Gentle Healing 6:30 pm			Mather Hosp. Gentle Healing 6:30 pm			Reiki Healing Circle 6 pm

2018 Winter Schedule begins January 3rd, 2018

Private Sessions Available

Chronic Pain Relief & Recovery/Stress & Anxiety/Improve Mobility & Flexibility/Special Needs Youth & Young Adults

Call us at 631-403-4847 or email Daine@ItTakesAVillageWellness.com