

# A BOUTIQUE YOGA STUDIO IN THE HEART OF PORT JEFFERSON VILLAGE

Only 6 mats per class

Individualized attention for EVERY student

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

## Holiday Unlimited Package

\$50, 2 - Week Unlimited Classes

includes a 20 minute Yoga, Wellness or Coaching Consultation

**GIFT CERTIFICATES AVAILABLE**

## WINTER HOLIDAY SCHEDULE 2017

### THIS THURSDAY

December 21<sup>st</sup>, 7:30 am and 6 pm

A very special Winter Solstice class

with Meditation and Activity.

Gentle Flow. Beginners Welcome.

**Friday 12/22, 12/27, 12/28, 12/29**

**We will be holding our regularly scheduled classes.**

Saturday 12/23: 9:30 am Revitalize & Restore Only (Diane MacDonald)

Sunday 12/24: 9:30 am Revitalize and Restore Class (Kristen Lindblad)

Monday 12/25: NO CLASSES

Tuesday 12/26: 9:30 am Flow Foundations (Tim Spillane)

Saturday 12/30: 9:30 am Revitalize and Restore Class (Kristen Lindblad)

Sunday 12/31: 9:30 am Revitalize and Restore Class (Katie Brush)

Monday 01/01/2018: NO CLASSES

**HAVE A VERY HAPPY HOLIDAY AND MERRY CHRISTMAS.**

**HAPPY NEW YEAR TO ALL.**

**MAY 2018 BRING YOU MUCH JOY, PROSPERITY  
AND PEACE.**