

RATES

Prices are as follows, unless stated otherwise:

Single class pass \$15
5 class pass \$60
10 class pass \$110
Passes valid for 4 months

Unlimited classes for one week \$30
Unlimited classes for one month \$100
(Option: Purchase online with credit card)

NOTE: Please wear comfortable clothing, arrive to class on time, come with an empty belly and no heavy scents, cell phones or beepers.

CLASS DESCRIPTIONS

Hatha Yoga: Develop energy, core strength and flexibility through stretching, breathing and postures. Designed for a wide range of abilities.

Hatha Yoga/Meditation: Develop a strong, steady body and a strong, steady mind in this class combining stretching, breathing and postures followed by a meditation practice.

Yin Yoga: focuses on connective tissue through long holds working with the joints, tendons and ligaments. Great for beginners and all levels.

De-stress and Renew Yoga: Take time out of your busy life to relax and rejuvenate. Learn techniques to restore your body and mind to physical, mental, emotional, and spiritual health. Great for beginners and all levels.

Empower and Peace yoga: A series of awakening poses in the first half will be complimented with Yin/Restorative poses in the second half using props to support the body so muscles and mind can relax. Great for beginners and all levels.

Flow Yoga: Based on the energetic vinyasa style of poses flowing with the breath. Previous experience recommended.

Power/Ashtanga Yoga: A rigorous workout derived from a dynamic set of postures and focused breathing techniques. Previous experience recommended.

Buti Yoga: Transform your body & soul combining yoga, tribal dance moves & plyometrics to get your heart pumping & body spiraling. Bring a hand towel and water. Previous yoga experience recommended.

YOGA AND FITNESS MAY 2018



Winter Park Station
Vasquez Road & Hwy 40
Upper Courtyard

970.726.5786

www.mtmoonyoga.com

**classes, privates,
workshops, retreats
and teacher training**

**DONATION CLASSES to
LEAD: Learn, Educate, Achieve, Dare
- a girls leadership lab**

Friday 5/4, 9:15 am, **De-Stress with Margaret**
Tuesday 5/8, 9:15 am, **Yin Yoga with Margaret**
Tuesday 5/15, 5:30 pm, **Flow Yoga with Lisa**
Thursday 5/24, 5:30 pm, **Hatha Yoga with Margaret**