


Absolute Yoga Weekly Schedule of Classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am Vinyasa Alex						
9:30am Strength&Flex Amy H	10am Tiny Dancing Yogis Amy H				9:30am Vinyasa Amy H	9:00am Strength&Flex Jaime
		12 Noon Vinyasa Michelle	11:15am Baby Yoga Alycia	12 Noon Barre Belle Mimi		
4pm Vinyasa Cheryl			4:30pm Prenatal Yoga Judy			
5:30pm Plus Size Yoga Annika	6:15pm Strength&Flex Ellen	6pm Yoga/Pilates Kristine	6:15pm Vinyasa Alex	6pm HIIT Your Mat Jaime		
	7:35pm BasicYoga Amy H	7:15pm Vinyasa Ally	7:35pm Basic Yoga Jaime	7:15pm Prenatal Yoga Jaime	77 West Main St. #212 Hopkinton, MA 01748 www.AbsoluteYoga.net 508.435.3366	

JUNE 2013 WORKSHOPS, MEET-UPS, and SPECIAL EVENTS

Saturday, June 22th at 11:30am-1pm

BARRE WORKOUT WORKSHOP with Mimi

Absolute Yoga is happy to offer a barre conditioning workshop for all ages and abilities.

This 90-minute workshop is an introduction to the latest fitness craze known as "barre conditioning".

It combines ballet-type movements with yoga, pilates and weight-training, with an emphasis on posture and form. Create long and lean muscle without bulk. Barre conditioning can be effective and therapeutic for nearly every segment of the population when practiced correctly. Please pre-register. \$25 or 2 punches from yoga class card

Monday, June 24th at 7:35pm

Yoga Nidra for Stress Relief with Amy H

Practice Yoga Nidra, a state of conscious deep sleep that facilitates meditative introversion and deep relaxation.
\$25 or 2 punches from yoga class card

Sunday, June 30th at 1pm-4pm

Yoga for Children with Amy H

Please join us outdoors at the Hopkinton Farmer's Market for a fun-filled afternoon of yoga for children. Free.

Please view our website, www.AbsoluteYoga.net, for up-to-date and last minute schedule changes.