


Absolute Yoga Weekly Schedule of Classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						8:30am HIIT Your Mat Jaime
9:30am Strength & Flex Amy H		4pm Ashland Off-Site Karen	11am Baby Yoga Amy H		9:30am Vinyasa Amy H	10:00am Strength & Flex Ellen
11am Plus Size Yoga Annika		4:15pm Holliston Off-Site Ellen	4pm Ashland Off-Site Amy H			
12:45pm Mom & Baby Yoga Judy		4:30pm Strength & Flex Judy	4:30pm Prenatal Yoga Judy			
2:15pm Prenatal Yoga Judy	6:15pm Strength & Flex Ellen	6pm Barre Conditioning Mimi	6:15pm Vinyasa Michele	6pm HIIT Your Mat Jaime		
3:30pm Kids' Yoga Judy	7:35pm Basic Yoga Amy H	7:15pm Slow Dynamic Flow Michael	7:35pm Basic Yoga Jaime	7:15pm Prenatal Yoga Ally	77 West Main St. #212 Hopkinton, MA 01748 www.AbsoluteYoga.net 508.435.3366	

APRIL 2014 WORKSHOPS and SPECIAL EVENTS

Saturday, April 26th 11:30am-1pm

BARRE Conditioning Boot Camp Workshop with Mimi B

Boot camp which combines ballet, yoga, pilates and weight-training. No previous fitness experience required.
\$25 or 2 punches from yoga class card. Please pre-register.

Sunday, April 27th 5pm- 7pm

Restorative Yoga Workshop: Rest and Relax with Michele H

Discover your deepest state of rest and relaxation so your body can function to heal itself.
\$30 or 3 punches from yoga class card. Please pre-register.

Monday, April 28th 7:35pm- 8:45pm

Yoga Nidra for Stress Relief with Amy H

Practice Yoga Nidra, a state of conscious sleep that facilitates meditative introversion and deep relaxation.
Replaces Basic Yoga on the last Monday of every month. \$25 or 2 punches from yoga class card.

FAMILY YOGA

Saturday, April 12th

Tiny Dancing Yogis Meet-Up (ages almost crawling to 3 yrs) 11:15am-12:15pm \$15 per baby

Baby Yoga Meet-Up (ages 3 weeks to almost crawling) 12:45pm-1:45pm \$15 per baby

Friday, April 18th 6:30pm-7:30pm

Pajama Yoga for Kids 6-12 years old with Amy H

Children learn focus, balance, stretching, while having fun. Includes hot chocolate and storytime. \$15 per child.

Please check our website for the most up-to-date schedule www.AbsoluteYoga.net Call 508-435-3366 anytime!