

Absolute Yoga Weekly Schedule of Classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am BasicStrength Training Jaime						8:30am HIIT Your Mat Jaime
9:30am Strength & Flex Deb					9:30am Vinyasa Deb	10:00am Strength & Flex Jaime
			4:30pm Prenatal Yoga Judy			
	6:15pm Strength & Flex Ellen	6pm Barre Conditioning Mimi	6:15pm Vinyasa Michele	6pm HIIT Your Mat Jaime		
	7:35pm Basic Yoga Deb	7:15pm Prenatal Yoga Ally	7:35pm Basic Yoga Jaime	7:15pm Yoga/Pilates Mimi	77 West Main St. #212 Hopkinton, MA 01748 www.AbsoluteYoga.net 508.435.3366	

AUGUST 2014 WORKSHOPS and SPECIAL EVENTS

NEW Class on Thursday Evenings! Yoga/Pilates with Mimi
NEW Class on Sunday Mornings! Basic Strength Training with Jaime
Build a stronger, leaner, healthier you. Beginners are welcome to all classes.

Sunday, August 24th 5pm- 6:30pm

Restorative Yoga Workshop: Rest and Relax with Michele

Discover your deepest state of rest and relaxation so your body can function to heal itself.
 \$25 or 2 punches from yoga class card. Please pre-register.

Monday, August 25th 7:35pm- 8:45pm

Yoga Nidra for Stress Relief with Deb

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.

Please check our website for the most up-to-date schedule

www.AbsoluteYoga.net

Call 508-435-3366 anytime!