

## 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 <a href="http://www.AbsoluteYoga.net">www.AbsoluteYoga.net</a> 508.435.3366	

## JULY 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 this summer. Beginners are welcome to all classes.*

**Sunday, July 20<sup>th</sup> 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, July 28<sup>th</sup> 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](http://www.AbsoluteYoga.net)

Call 508-435-3366 anytime!