



SUN	MON	TUES	WED	THRS	FRI	SAT
		77 WEST MAIN ST. Hopkinton 2nd Floor	(508) 435-3366			8-9am YOGA PILATES FLOW Mimi
9:30- 10:45am YOGA FLOW Deb					9:30- 10:45am YOGA FLOW Mimi/Deb	9:30- 10:45am YOGA FLOW Ellen
		4:30-5:30pm YOGA PILATES FLOW Chris	4:30-5:45pm Prenatal Yoga Judy	4:30-5:30pm 1 HOUR YOGA FLOW Mimi		
5-6:15pm RESTORATIVE YOGA Begins - 3/29/15 Michele	6-7:15pm YOGA FLOW Ellen	Barre Basics Session 6-7pm 3/3-4/14	6-7pm 1 HOUR YOGA FLOW Kathleen	Intro to Pilates Session 6:15-7:15pm		March 21st Yin Yoga/ Essential Oils WORKSHOP 11:30-1pm
	Meditation Mondays 3/9 & 3/23 - 7:30-8:15pm	7:15-8:30pm Prenatal Yoga Ally	7:15-8:30pm BASIC FLOW Kathleen	Starts Thrs. March 5th- April 16th 7 Weeks		
	Yoga Nidra March 16th 7:30pm-8:45					

### **Meditation Mondays - March 9th & March 23rd 7:30-8:15pm**

Take a relaxing journey into the world of guided meditation. Light stretch sequence followed by meditation.  
No Yoga or Meditation Experience necessary.

**Yoga Nidra in March - Monday the 16th 7:30-8:45pm.** Completely relax your stresses away. Join us as Deb guides you through long savasana, where we soften each area of the body slowly and thoughtfully.  
Tuition is \$25

Please Contact [info@absoluteyoga.net](mailto:info@absoluteyoga.net) or **(508)435-3366** with any questions