



<u>SUN</u>	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THRS</u>	<u>FRI</u>	<u>SAT</u>
		<b>77 WEST MAIN ST. Hopkinton 2nd Floor</b>	<b>(508)435 -3366</b>			<b>8-9am Yoga Pilates Flow Mimi</b>
<b>9:30- 10:45am Yoga Flow Deb</b>			<b>Holliston Off-Site Yoga 4-5pm Town Hall</b>		<b>9:30- 10:45am Yoga Flow Deb</b>	<b>9:30- 10:45am Yoga Flow Ellen</b>
		<b>4:30-5:30pm Yoga Pilates Flow Mimi</b>	<b>4:30-5:45pm Prenatal Yoga Judy</b>	<b>4:30-5:30pm 1 HOUR Yoga Flow Mimi</b>		
<b>5-6:15pm RESTORATIVE YOGA Michele</b>	<b>6-7:15pm Yoga Flow Ellen</b>	<b>6-7pm Barre Basics Session Mimi</b>	<b>6-7pm 1 HOUR Yoga Flow Kathleen</b>	<b>6:15-7:15pm Intro to Pilates Session Chris</b>		<b>Open Your Hips Workshop April 18th 11-12:30pm</b>
	<b>Yoga Nidra April 27th 7:30-8:45pm</b>	<b>7:15-8:30pm Prenatal Yoga Ally</b>	<b>7:15-8:15pm 1 HOUR Yoga Flow Kathleen</b>		<b>KIDS PJ YOGA PARTY Friday May 1 6:30-7:30pm</b>	<b>Saturday May 16th Kids Yoga Workshop</b>

**OPEN YOUR HIPS WORKSHOP SATURDAY APRIL 18TH 11-12:30pm.** Tuition \$20

**Yoga Nidra in April - Monday the 27th 7:30-8:45pm.** Completely relax your stresses away. Join Deb as she guides you through relaxation from head to toe. Tuition \$25

### **KIDS YOGA IS COMING BACK!**

Join us **May 1st** for our next PJ Yoga Party Friday night **6:30-7:30pm**  
and Friendship Kids Yoga Workshop Saturday May 16th  
Each event \$15/yogi

**DROP INS (\$15) & BEGINNERS WELCOME IN EVERY CLASS.**  
**PLEASE CONTACT US WITH ANY QUESTIONS**

[info@absoluteyoga.net](mailto:info@absoluteyoga.net)

**(508)435-3366**