

January 2012



77 West Main St. #212 Hopkinton, MA

www.AbsoluteYoga.net

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p><i>Happy New Year!</i></p> <p>No Classes</p>	<p>2</p> <p>5:00-6:00pm Strength & Flex Yoga 1 <i>Deb</i></p> <p>6:15-7:30pm Strength & Flex Yoga 2 <i>Ellen</i></p>	<p>3</p> <p>6:00-7:00pm Yoga/Pilates <i>Kristine</i></p> <p>7:15-8:15pm Strength & Flex Yoga 1 <i>Ellen</i></p>	<p>4</p> <p>6:15-7:20pm Strength & Flex Yoga 2 <i>Jaime</i></p> <p>7:35-8:35pm Basic Yoga <i>Jaime</i></p>	<p>5</p> <p>9-wk Prenatal Session</p> <p>6:00-7:00pm Core Yoga <i>Jaime</i></p> <p>7:15-8:15pm Prenatal Yoga* <i>Jaime</i></p>	<p>6</p> <p>9:30-10:30am Yoga Flow <i>Amy</i></p> <p>6:30-8:00pm Plus Size Yoga for Women Workshop* \$15 <i>Annika</i></p>	<p>7</p> <p>9:00-10:15am Strength & Flex Yoga 2 <i>Ellen</i></p>
<p>8</p> <p>9:30-10:30am Strength & Flex Yoga 1 <i>Amy</i></p> <p>7-week PSY Session</p> <p>5:00pm Plus Size Yoga for Women* <i>Annika</i></p>	<p>9</p> <p>New Yoga Flow</p> <p>9:30-10:30am <i>Amy</i></p> <p>New IBY Session</p> <p>11:00am Tykes Yoga* <i>Alycia</i></p> <p>5:00-6:00pm Strength & Flex Yoga 1 <i>Deb</i></p> <p>6:15-7:30pm Strength & Flex Yoga 2 <i>Ellen</i></p>	<p>10</p> <p>6:00-7:00pm Yoga/Pilates <i>Kristine</i></p> <p>7:15-8:15pm Strength & Flex Yoga 1 <i>Ellen</i></p>	<p>11</p> <p>New IBY Session</p> <p>11:00am Baby Yoga* <i>Alycia</i></p> <p>8-wk Prenatal Session</p> <p>4:30-5:30pm Prenatal Yoga* <i>Judy</i></p> <p>6:15-7:20pm Strength & Flex Yoga 2 <i>Jaime</i></p> <p>7:35-8:35pm Basic Yoga <i>Jaime</i></p>	<p>12</p> <p>6:00-7:00pm Core Yoga <i>Jaime</i></p> <p>7:15-8:15pm Prenatal Yoga* <i>Jaime</i></p>	<p>13</p> <p>9:30-10:30am Yoga Flow <i>Amy</i></p> <p>6:15-7:30pm Mindful Eating Workshop Series 1 of 5* <i>Jaime</i> \$95 for 5 sessions</p>	<p>14</p> <p>9:00-10:15am Strength & Flex Yoga 2 <i>Jaime</i></p>
<p>15</p> <p>9:30-10:30am Strength & Flex Yoga 1 <i>Amy</i></p> <p>5:00pm Plus Size Yoga for Women* <i>Annika</i></p>	<p>16</p> <p>9:30-10:30am Yoga Flow <i>Amy</i></p> <p>MLK Day-No IBY Tykes</p> <p>5:00-6:00pm Strength & Flex Yoga 1 <i>Deb</i></p> <p>6:15-7:30pm Strength & Flex Yoga 2 <i>Ellen</i></p>	<p>17</p> <p>6:00-7:00pm Yoga/Pilates <i>Kristine</i></p> <p>7:15-8:15pm Strength & Flex Yoga 1 <i>Ellen</i></p>	<p>18</p> <p>11:00am Baby Yoga* <i>Alycia</i></p> <p>4:30-5:30pm Prenatal Yoga* <i>Judy</i></p> <p>6:15-7:20pm Strength & Flex Yoga 2 <i>Jaime</i></p> <p>7:35-8:35pm Basic Yoga <i>Jaime</i></p>	<p>19</p> <p>6:00-7:00pm Core Yoga <i>Jaime</i></p> <p>7:15-8:15pm Prenatal Yoga* <i>Jaime</i></p>	<p>20</p> <p>9:30-10:30am Yoga Flow <i>Amy</i></p>	<p>21</p> <p>9:00-10:15am Strength & Flex Yoga 2 <i>Ellen</i></p> <p>11:00am Baby Yoga* <i>Alycia</i></p> <p>4:30-6:15pm "Upside Down from the Inside Out" Inversion workshop* <i>Jaime</i> \$30 by 1/14; \$35 after</p>
<p>22</p> <p>9:30-10:30am Strength & Flex Yoga 1 <i>Deb</i></p> <p>3pm Family Yoga* <i>Amy</i> 5-11 years old with parent \$20 per child/adult pair</p> <p>5:00pm Plus Size Yoga for Women* <i>Annika</i></p>	<p>23</p> <p>9:30-10:30am Yoga Flow <i>Amy</i></p> <p>11:00am Tykes Yoga* <i>Alycia</i></p> <p>5:00-6:00pm Strength & Flex Yoga 1 <i>Deb</i></p> <p>6:15-7:30pm Strength & Flex Yoga 2 <i>Ellen</i></p>	<p>24</p> <p>6:00-7:00pm Yoga/Pilates <i>Kristine</i></p> <p>7:15-8:15pm Strength & Flex Yoga 1 <i>Ellen</i></p>	<p>25</p> <p>11:00am Baby Yoga* <i>Alycia</i></p> <p>4:30-5:30pm Prenatal Yoga* <i>Judy</i></p> <p>6:15-7:20pm Strength & Flex Yoga 2 <i>Jaime</i></p> <p>7:35-8:35pm Basic Yoga <i>Jaime</i></p>	<p>26</p> <p>6:00-7:00pm Core Yoga <i>Jaime</i></p> <p>7:15-8:15pm Prenatal Yoga* <i>Jaime</i></p>	<p>27</p> <p>9:30-10:30am Yoga Flow <i>Amy</i></p> <p>6:15-7:30pm Mindful Eating Workshop Series 2 of 5* <i>Jaime</i> \$95 for 5 sessions</p>	<p>28</p> <p>9:00-10:15am Strength & Flex Yoga 2 <i>Jaime</i></p> <p>1-3pm Partner Prenatal Yoga Workshop* <i>Judy</i> \$45 by 1/21; \$55 after</p>
<p>29</p> <p>9:30-10:30am Strength & Flex Yoga 1 <i>Amy</i></p> <p>11am-1pm "Reducing Stress & Improving Sleep & Breathing" Somatics Workshop* <i>Sarah</i> \$25 pre-reg by 1/22; \$30 after</p> <p>5:00pm Plus Size Yoga for Women* <i>Annika</i></p>	<p>30</p> <p>9:30-10:30am Yoga Flow <i>Amy</i></p> <p>11:00am Tykes Yoga* <i>Alycia</i></p> <p>5:00-6:00pm Strength & Flex Yoga 1 <i>Deb</i></p> <p>6:15-7:30pm Strength & Flex Yoga 2 <i>Ellen</i></p>	<p>31</p> <p>6:00-7:00pm Yoga/Pilates <i>Kristine</i></p> <p>7:15-8:15pm Strength & Flex Yoga 1 <i>Ellen</i></p>	<p>January/February Yoga Cards expire 2/29/12; there are no extensions to this date.</p> <p>10-Class Yoga Card \$130</p> <p>5-Class Yoga Card \$70</p> <p>New Student Special: 5-Class Yoga Card \$55</p> <p>Drop-in \$15</p> <p>Student/Teen Drop-in \$12</p> <p><i>Sun salutations can energize and warm you, even on the darkest, coldest winter day. ~Carol Krucoff</i></p>			

* denotes pre-registration required and/or session only.