

February 2012



77 West Main St. #212 Hopkinton, MA

www.AbsoluteYoga.net

508.435.3366

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11:00am Baby Yoga* <i>Alycia</i> 4:30-5:30pm Prenatal Yoga* <i>Judy</i> 6:15-7:20pm Strength & Flex Yoga 2 <i>Jaime</i> 7:35-8:35pm Basic Yoga <i>Jaime</i>	2 6:00-7:00pm Core Yoga <i>Jaime</i> 7:15-8:15pm Prenatal Yoga* <i>Jaime</i>	3 9:30-10:30am Yoga Flow <i>Amy</i>	4 9:00-10:15am Strength & Flex Yoga 2 <i>Jaime/Ellen</i> 11am-11:45am Tyke Yoga* <i>Alycia</i> \$15 Pre-registration required.
5 9:30-10:30am Strength & Flex Yoga 1 <i>Amy</i> 11am Kids Yoga(5-11years old)* \$15 Pre-registration required. <i>Amy</i> 5:00pm Plus Size Yoga for Women* <i>Annika</i>	6 9:30-10:30am Yoga Flow <i>Amy</i> 11:00am Tykes Yoga* <i>Alycia</i> 5:00-6:00pm Strength & Flex Yoga 1 <i>Deb</i> 6:15-7:30pm Strength & Flex Yoga 2 <i>Ellen</i>	7 6:00-7:00pm Yoga/Pilates <i>Kristine</i> 7:15-8:15pm Strength &Flex Yoga 1 <i>Ellen</i>	8 11:00am Baby Yoga* <i>Alycia</i> 4:30-5:30pm Prenatal Yoga* <i>Judy</i> 6:15-7:20pm Strength & Flex Yoga 2 <i>Jaime</i> 7:35-8:35pm Basic Yoga <i>Jaime</i>	9 6:00-7:00pm Core Yoga <i>Kristine</i> 7:15-8:15pm Prenatal Yoga* <i>Kristine</i>	10 9:30-10:30am Yoga Flow <i>Amy</i>	11 9:00-10:15am Strength & Flex Yoga 2 <i>Ellen</i> \$15 Pre-registration required. Partner Yoga Workshop* 5:00-6:15pm <i>Judy</i>
12 9:30-10:30am Strength & Flex Yoga 1 <i>Deb</i> 5:00pm Plus Size Yoga for Women* <i>Annika</i>	13 9:30-10:30am Yoga Flow <i>Amy</i> 11:00am Tykes Yoga* <i>Alycia</i> 5:00-6:00pm Strength & Flex Yoga 1 <i>Deb</i> 6:15-7:30pm Strength & Flex Yoga 2 <i>Ellen</i>	14 6:00-7:00pm Yoga/Pilates <i>Kristine</i> 7:15-8:15pm Strength &Flex Yoga 1 <i>Ellen</i>	15 11:00am Baby Yoga* <i>Alycia</i> 4:30-5:30pm Prenatal Yoga* <i>Judy</i> 6:15-7:20pm Strength & Flex Yoga 2 <i>Jaime</i> 7:35-8:35pm Basic Yoga <i>Jaime</i>	16 6:00-7:00pm Core Yoga <i>Jaime</i> 7:15-8:15pm Prenatal Yoga* <i>Jaime</i>	17 9:30-10:30am Yoga Flow <i>Amy</i>	18 9:00-10:15am Strength & Flex Yoga 2 <i>Jaime/Ellen</i>
19 9:30-10:30am Strength & Flex Yoga 1 <i>Amy</i> NO Plus Size Yoga Postnatal Yoga Workshop* 4:00-5:15pm <i>Judy</i>	20 9:30-10:30am Yoga Flow <i>Amy</i> NO Itsy Bitsy Yoga Classes 5:00-6:00pm Strength & Flex Yoga 1 <i>Deb</i> 6:15-7:30pm Strength & Flex Yoga 2 <i>Ellen</i>	21 6:00-7:00pm Yoga/Pilates <i>Kristine</i> 7:15-8:15pm Strength &Flex Yoga 1 <i>Ellen</i>	22 NO Itsy Bitsy Yoga Classes 4:30-5:30pm Prenatal Yoga* <i>Judy</i> 6:15-7:20pm Strength & Flex Yoga 2 <i>Jaime</i> 7:35-8:35pm Basic Yoga <i>Jaime</i>	23 6:00-7:00pm Core Yoga <i>Jaime</i> 7:15-8:15pm Prenatal Yoga* <i>Jaime</i>	24 9:30-10:30am Yoga Flow <i>Amy</i> 6:15-7:30pm Mindful Eating Workshop Series 3 of 5* \$95 for 5 sessions <i>Jaime</i>	25 9:00-10:15am Strength & Flex Yoga 2 <i>Jaime/Ellen</i>
26 9:30-10:30am Strength & Flex Yoga 1 <i>Amy</i> 11am-1pm "Releasing the Lower Back and Hips" Somatics Workshop* Sarah \$25 pre-reg by 2/19; \$30 after. 5:00pm Plus Size Yoga for Women* <i>Annika</i>	27 9:30-10:30am Yoga Flow <i>Amy</i> NO Itsy Bitsy Yoga Classes 5:00-6:00pm Strength & Flex Yoga 1 <i>Deb</i> 6:15-7:30pm Strength & Flex Yoga 2 <i>Ellen</i>	28 6:00-7:00pm Yoga/Pilates <i>Kristine</i> 7:15-8:15pm Strength &Flex Yoga 1 <i>Ellen</i>	29 NO Itsy Bitsy Yoga Classes 4:30-5:30pm Prenatal Yoga* <i>Judy</i> 6:15-7:20pm Strength & Flex Yoga 2 <i>Jaime</i> 7:35-8:35pm Basic Yoga <i>Jaime</i>	January/February Yoga Cards expire 2/29/12; there are no extensions to this date. 10-Class Yoga Card \$130 5-Class Yoga Card \$70 * denotes pre-registration required and/or session only. New Student Special: 5-Class <i>A photographer gets people to pose for him.</i> <i>A yoga instructor gets people to pose for themselves.</i> ~Terri Guillemets		