

January

Hot Yoga Studio – Classes are 100°+

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM						Hot26 /90! Liz
5:00 PM	Hot Power Flow Yoga Jess P	Hot - All Levels Jessica W				
6:30 PM	Hot26! Liz	Hot Hatha Endure Jenna	Yin Yoga Steven	Hot Yoga Steph		

For sanitary reasons PLEASE be sure to bring your own mat to all hot classes.

THERE IS NO ENTRANCE TO ANY CLASSES BEYOND 5 MINUTES AFTER START TIME.

Hot Power Flow Yoga with Jess P

Jessica's classes are invigorating, focusing on alignment, flexibility and strength through creative sequencing and a spirit of playfulness and mindfulness. Additionally, she encourages growth of the spiritual self through the philosophy of yoga, including mantras, meditation, and work with the Chakra system.

Hot - All Levels with Jessica W

This class is for any one of any age, shape or size. No experience or flexibility is required. In All Levels Yoga you will practice many different yoga postures, learning correct alignment and basic breathing techniques. You will begin to gain flexibility, strength and tone, invigorating the body and calming the mind. All Levels are welcome, modifications offered for individual needs.

Hot26! & Hot26 /90! with Liz

This is the original hot yoga, consisting of 26 postures and two breathing exercises from the Ghosh lineage. Ghosh Yoga creates complete health in the body with the principles of physical alignment, stillness, and postures designed to exercise all parts of the body including the muscles, bones, joints, organs, digestion, circulatory, endocrine and nervous systems. These postures are practiced in a sequence to be therapeutic to the body.

*Hot26 /90! minutes: Simply more of the yoga you know and love. Two sets of all postures and breathing exercises means two opportunities to heal, balance, and benefit!

Hot Yoga with Stephanie

This class is a more vigorous flow designed to energetically and emotionally balance the body and mind. Starting class off with breathwork and calming the mind, we then transition to getting the heart beat up, vinyasa flow style. Stephanie encourages students throughout the practice and is constantly watching alignment and form. Not only does this class increase flexibility and tone the body, it incorporates the breath, meditation and helps to bring the body and mind back to balance. Stephanie follows the moon cycles and infuses all of the chakras, or energy centers, to have the most effective class possible. Modifications are given as needed and light adjustments are made.

Hot Hatha Endure with Jenna

This class is a perfect complement to your power yoga and flow/Vinyasa practice. The intention of this class is to bring endurance and knowledge to your yoga postures. With a focus on spinal alignment and creation of postures from your core body, Hot Hatha Endure will help you move safely into each yoga posture and maintain the posture through breath, experiencing challenge and stillness.

This class is for all ages, shapes and sizes. No experience of flexibility is required. The class offers a good foundation for beginners and the opportunity for seasoned yogis to fine-tune and move more deeply into their practice.

Yin Yoga with Steven

Yin Yoga is the perfect yoga class to end the day as we head towards slumber. Yin yoga itself is defined by 3-5 min holds during poses, splitting that time if there 2 sides. In this class we will explore traditional Yin poses such as folds and twist from supine. We will also explore other traditional standing poses with a Yin intention. Power through proper breathing and form. Mountains like the town we practice in.

All classic postures with variations offered for each yogi from the first timer to the long time practitioner.

Special Announcements

Class Cancellations

There are no classes:

- December 31
- January 1
- January 2

No 5pm class on Wednesdays

Class Rates

Drop-in ~ \$15

Two Week Special

Unlimited Classes - \$30 - New Students

Never Expires StudioPass

8 Classes - \$114 - \$14.25 each

20 Classes - \$239 - \$11.95 each

32 Classes - \$329 - \$10.28 each

30-Day StudioPass

Use for any 4 Classes

\$44 - \$11 each

Unlimited Monthly StudioPass

\$99 - 6-Month Minimum with Auto-Pay

6-Month Unlimited StudioPass

\$425 - *Less than \$16.50 a week!*

Annual Unlimited StudioPass

\$849* - *Less than \$16.50 a week!*

*10% off when paying with cash or check

Personal Use of Studios

\$25 per person/hour. By Appointment

Private & Semi-Private

Instruction Available

A Yoga Studio & Day Spa
That Is... all about you!

Studio Classes

Yoga

- Hot Yoga
- Hot26!
- Hot - All Levels
- Hot Flow
- Hot Hatha Endure
- Yin Yoga

Spa Services

Massage Styles

- Therapeutic
- Swedish/Relaxation
- Lomi Lomi
- Hot Stone
- Pre/postnatal
- Hot Bamboo
- Couples
- Clinical
- Shiatsu
- Cupping
- Reflexology
- Barefoot Fusion
- Salt Glow
- Reiki

- Facials, Waxing & Threading
- Chemical Peels
- Lash Extensions & Lash Tinting
- Airbrush Tanning
- IPL Permanent Hair Removal
- Electrolysis
- BOTOX
- Infrared Sauna
- Acupuncture
- Applied Kinesiology (AK)
- Chiropractic
- Nutritional Consulting & Supplements



HOT YOGA Schedule



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At Exit 27 - Off Route 2 978-874-6200

www.ALLaboutYOUSolutions.com

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