



**HUDSON VALLEY
HEALING CENTER**
SALT CAVE • YOGA • LIFESTYLE

Summer 2018

Visit our Website
for
Class Descriptions,
Current News and Events!

*Visit us on Facebook &
Instagram!*

Drop-In \$20
10 Class Card \$160
20 Class Card \$275
NEW STUDENT: 3 for \$30

Summer Special

10 Class Card \$100
(1-month expiration)
\$99 month unlimited
(annual contract)

Monday	9:30am	Align & Flow
	6:30pm	Beginner's Yoga
Tuesday	9:30am	Slow Flow
	6:30pm	Vinyasa
Wednesday	11:30am	Vinyasa
	6:30pm	Kundalini Yoga
Thursday	9:30am	Beginner Flow
	5:30pm	Meditation
	6:30pm	Community Class: Vinyasa
	8:00pm	Candlelight
Friday	11:30am	Aroma Therapy
Saturday	8:00am	Ashtanga Half Primary Led
	10:00am	Hatha Bliss
Sunday	9:30am	Hatha Flow
	11:00am	Community Class: Let Go & Flow

Community classes are
\$10 cash donation

51 Springside Ave, Poughkeepsie

845-849-0838

www.HudsonValleyHealingCenter.com

Summer Schedule 6/25 – 9/9
Changes posted to MindBody