



**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

**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
	6:30pm	Vinyasa
	8:00pm	Community Class: Candlelight
Friday	11:30am	Aroma Therapy
Saturday	8:00am	Ashtanga Led
	10:00am	Hatha Bliss
Sunday	9:30am	Hatha Flow
	11:30am	Community Class: Let Go & Flow

Community classes are  
\$10 cash donation

**51 Springside Ave, Poughkeepsie  
845-849-0838**

**[www.HudsonValleyHealingCenter.com](http://www.HudsonValleyHealingCenter.com)**

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