



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

Fall 2018

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

Follow us on Facebook
& Instagram!

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

Fall Special
\$99 month unlimited
(annual contract)

HVHC Special
\$140 month
Salt Cave Sessions (2),
unlimited Yoga, Salt
Product Discounts
(annual contract)

Monday	11:30am	Tai Chi
	5:30pm	Meditation for Busy People
	6:00pm	Beginner's Yoga
Tuesday	9:30am	Slow Flow
	5:30pm	Chi Gong
	6:30pm	Vinyasa
Wednesday	10:00am	Chair Yoga with Meditation
	11:30am	Vinyasa
	6:00pm	Kundalini Yoga
Thursday	9:30am	Vinyasa
	5:30pm	Meditation for Anxiety
	6:30pm	Vinyasa
Friday	11:30am	Aroma Therapy
Saturday	10:00am	Vinyasa
Sunday	9:30am	Vinyasa
	11:00am	Power Flow
	4:00pm	Y12SR Yoga for 12 Step Recovery <i>All welcomed~by donation</i>

51 Springside Ave, Poughkeepsie

845-849-0838

www.HudsonValleyHealingCenter.com

Fall Schedule 9/10/18 – 1/27/19
Changes posted to MindBody
*see website for expiration