



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

Fall Yoga 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)

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

Monday	11:30am	Tai Chi
	5:30pm	Meditation for Busy People
	6:00pm	Beginner's Yoga
Tuesday	9:30am	Slow Flow
	11:00am	Strength, Stretch & Flow (starting October 9 th)
	5:30pm	Chi Gong
Wednesday	6:30pm	Vinyasa
	10:00am	Chair Yoga with Meditation
	11:30am	Vinyasa
Thursday	6:00pm	Kundalini Yoga
	9:30am	Vinyasa
	11:00am	Chi Gong
Friday	5:30pm	Meditation for Anxiety
	6:30pm	Gentle Vinyasa
	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> <i>1st & 3rd Sundays</i>

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

www.HudsonValleyHealingCenter.com



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