



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

Yoga Schedule

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

Yoga Special

\$99 month unlimited
(annual contract)

HVHC Special

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

Schedule until 6/15/19
Changes posted to MindBody
*see website for expiration

Monday	11:30am	Tai Chi
	5:30pm	EFT (Tapping) & Meditation
	6:00pm	Beginner's Yoga
Tuesday	11:00am	Strength, Stretch & Flow
	5:30pm	Chi Gong
Wednesday	10:00am	Chair Yoga with Meditation
	11:30am	Vinyasa
	5:45pm	Vinyasa
Thursday	9:30am	Vinyasa
	11:00am	Chi Gong
	5:30pm	Meditation for Anxiety
	6:30pm	Gentle Vinyasa
Friday	11:30am	Aroma Therapy
Saturday	10:00am	Vinyasa
Sunday	10:00am	Vinyasa
	5:00pm	Y12SR Yoga for 12 Step Recovery <i>All welcomed~by donation</i> <i>3rd Sundays</i>

51 Springside Ave, Poughkeepsie
845-849-0838

www.HudsonValleyHealingCenter.com