



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

51 Springside Ave, Poughkeepsie
845-849-0838
www.HudsonValleyHealingCenter.com