

FEED YOUR BODY FEED YOUR MIND FEED YOUR SOUL

Prenatal Yoga ♥ A perfect way to honor the miracle of pregnancy through specific movement, breathwork and relaxation

Vinyasa ♥ Challenging, sun-salutation based class for the experienced practitioner

Flow ♥ A class linking breath and movement, offering variations for every level

Gentle Flow ♥ A softer class for beginners, or those wanting a less physically vigorous practice

Yoga Basics ♥ For beginners or students wanting a more basic class

Class Descriptions:

Share the joys of yoga, the embrace of community
and discover balanced wellness in a welcoming
atmosphere.

www.centerspacestudios.com

732.246.YOGA (9642)

Somerset, NJ 08873

Somerset Village

900 Easton Avenue

CenterSpace
Yoga and Wellness Studios
A place to Feed Your Soul™



C e n t e r S p a c e

Somerset Studio—starts 12/14/11

Day	Time	Class	Level	Teacher
Monday	9:30-10:45 am	Flow	all	Teresa
	5:30-6:45 pm	Vinyasa	2-3	Amy
	7-8:15 pm	Flow	all	Ashley
Tuesday	8:30-9:45 am	Flow	all	Karen
	6-7:15 pm	Vinyasa	2-3	Shannon H.
	7:30-8:45 pm	Yoga Basics	1-2	Sharon
Wednesday	9:30-10:45 am	Flow	all	Teresa
	5:30-6:45 pm	Flow	all	Pascale
	7-8:15 pm	Vinyasa	2-3	Ashley
Thursday	8:30-9:45 am	Flow	all	Karen
	6-7:15 pm	Flow	all	Jeannette
	7:30-8:45 pm	Yoga Basics	1-2	Katie T
Friday	9:30-10:45 am	Flow	all	Teresa
	6-7:15 pm	Vinyasa	2-3	Katie T
Saturday	8-9:15 am	Vinyasa	2	Amy
	9:30-10:45	Flow	all	Toni
Sunday	9-10:15 am	Flow	all	Sharon
	10:30-11:40 am	Gentle Yoga	all	Sharon

Single class - \$20

6-class card - \$95

10-class card - \$150

1-month unlimited card - \$150

3-month unlimited card - \$400

1-year unlimited card - \$1200

☺ No pre-registration required.

☺ Class cards are good for all classes.

☺ Class cards are **valid for 3 months** (except 1 month and yearly unlimited).

SPECIALS

New Students 3 classes for \$30!

Full-time Students and Seniors *Single class - \$15, 8 class card - \$100*

For the latest schedule — visit www.centerspacestudios.com

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