

# ∞ The Infinity Studio ∞

1218 17<sup>th</sup> Ave ~ Monroe

## Winter Schedule 2017

Please check website for cancelations and special events.

**theinfinitystudio.com**

MONDAY			5:15 – 6:15 pm	
TUESDAY	8:30 – 9:30 am	12:15 - 1:00 pm		6:15 - 7:15 pm
WEDNESDAY			5:15 – 6:15 pm	
THURSDAY	8:30 – 9:30 am	12:15 - 1:00 pm		6:15 - 7:15 pm
FRIDAY				
SATURDAY	8:30 - 9:30 am			

**\*Rates: \$15 drop in, 20 class pass \$200, 10 class pass \$120**

**Youth 8 - 17 yrs. - \$10 drop-in, 10 classes \$80**

**\*\* One Month Unlimited Yoga \$40 – Special for new students**

**~ All classes are mixed level... beginner to intermediate ~**

**Special Events – Pre-registration and payment required for these classes on line or at the studio**

**Yoga 101 Workshop – Saturday February 18<sup>th</sup> 10:00 – 11:30 am. \$25**

Our Yoga 101 workshop is a great choice if you are new to the practice of yoga, regardless of your level of fitness or flexibility. In this workshop, you will learn:

- Safe alignment of basic postures used in group yoga classes
- Simple breathing techniques used to cultivate relaxation
- Yoga vocabulary, etiquette and more!

**Beginner Yoga 6 Week Series – February 22<sup>nd</sup> – March 29<sup>th</sup> Wednesdays 6:30 – 7:30 pm. \$65.**

You will develop an understanding of basic yoga postures, modifications, and proper alignment. Your body and mind will also begin to experience the many benefits of a regular yoga practice, including increased strength, flexibility, more energy, improved balance, and stress relief. The classes will leave you feeling confident and ready for weekly group classes. Space is limited. Register by February 20<sup>th</sup>.

***Private lessons, yoga parties, reiki sessions and gift certificates available***

**Contact Cathy 608-214-5187 or email [cathy@theinfinitystudio.com](mailto:cathy@theinfinitystudio.com)**

\* Subject to change please check website for current class times and rates.

\*\* For new local students - expires 30 days from purchase - does not include special yoga events.