

∞ *The Infinity Studio* ∞
 1218 17th Ave ~ Monroe
Fall Schedule September – December 2019

MONDAY			5:15 – 6:15 pm	
TUESDAY	8:30 – 9:30 am			
WEDNESDAY		10:00 – 11:00 am	5:15 – 6:15 pm	
THURSDAY	8:30 – 9:30 am			6:00 - 7:00 pm
FRIDAY				
SATURDAY	9:00 – 10:00 am			

Please check website for cancelations, holidays and special events.

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

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

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

***** New Student Intro Offer \$40 for One Month Unlimited *****

Special Events: *Pre-registration online required, visit website for details.*

Beginner Yoga Series – Tuesdays - October 1st – 29th, 5:15 – 6:15 pm. \$60. Min 5/Max 12.

This class is designed for beginners or anyone who would like to restart their practice. Register by

Intro to Mindfulness Meditation – Mondays - October 7th – 28th, 6:45 – 7:30 pm. \$34

Each session will include a brief discussion and guided meditations. This class is designed for individuals new to meditation or those already familiar with the practice but desiring further support. Register September 30th.

Power Vinyasa Flow Yoga – Fridays- October 4th – 25th, 5:30 – 6:30 pm, \$40 for full session.

An energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements. Must register by Thursday September 26th.

Restorative Yoga - October 13th, November 10th, and December 8th. \$20 each.

Sundays – 4:30 – 6:00 pm. This class is a great way to reset your body and mind!

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

Contact Cathy 608-214-5187 or email cathy@theinfinitystudio.com

www.theinfinitystudio.com