

Studio Schedule

Effective as of August 2010

Monday

- Beginner/Gentle yoga (5:00-6:15pm) Monica
- Yin Meets Yang Yoga (6:45-8:00pm) Monica

Tuesday

- Pilates (1:00-2:00pm) Liz
- Yoga for Relaxation (7:00-8:30pm) Hanna

Wednesday

- Zumba (9:30 – 10:30am) Sallie
- Moderate Flow Yoga (6:00 – 7:30pm) Doris

Thursday

- Warm Flow Yoga (7:00-8:30pm) Doris

Friday

- Meditative Flow Yoga (6:00-7:30pm) Doris

Saturday

- Eclectic Mix Yoga (9:00-10:30am) Anjali

Sunday

- Meditation & Relaxation Workshops (4-5:30pm) (pre-registration only)

All Hollis Yoga instructors are certified through a National Yoga Alliance registered program or similarly accredited health and fitness group

For more studio information

www.hollisyoga.com

Email: info@hollisyoga.com

(603) 617- 4955

**Hollis Yoga 3 Hollis Village
Hollis, NH 03049**

**Located near the corner of 122 &130
only minutes from exit 6 in Nashua**

WINTER WEATHER CLOSINGS

Please call the studio **(603) 617- 4955**

Monday—Beginner/Gentle yoga: Learn the fundamentals of yoga or come to just enjoy a gentle journey to relaxation. In this class we will focus on pranayama (energy & breath work), and alignment of basic yoga poses. We will incorporate restorative yoga poses with the use of props.

Monday—Yin Meets Yang Yoga: Yin yoga gently stretches and rehabilitates the connective tissue that forms our joints (which keeps our joints and ligaments healthy as we age). The poses are held for several minutes and with the muscles relaxed. Yang yoga strengthens the muscles with rhythmic movement.

Tuesday—PILATES: Pilates like Yoga is a mind-body exercise which can yield better overall health. The emphasis of Pilates is toning & strengthening the midsection as well as balancing opposing muscles of the torso and the limbs.

Tuesday—Yoga for Relaxation: A variety of yoga tools to heal the effects of stress and return you to a state of focused calm (adapted to the individual).

Wednesday—ZUMBA: Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind cardio fitness program.

Wednesday—Moderate Flow Yoga: Discover your body's potential in this class. We flow through moderate posture sequences, exploring the combined senses of our breath and body through movement. Cultivate the mind-body connection, rhythms of the universe and discover the divine being that resides in all of us.

Thursday—Warm Flow Yoga: A moderately heated practice for enhanced flexibility and strength. Deep exploration of poses to detoxify and tone—experience how fighting through our own armor allows our true spirits to shine. There is fire in this warm flow!

Friday—Meditative Flow Yoga: Soften into basic and moderate postures by candle light. A peaceful evening of stretching and toning. Expect extended restorative postures, deep relaxation and restful meditations as we dive into the senses, flow to our natural rhythms and connect to all parts of our being.

Saturday—Eclectic Mix Yoga: Begin your Saturday morning with a dynamic Hatha yoga practice. Each class is an eclectic mix of the vigorous, the gentle and the meditative aspects of a fundamental yoga practice. Stretch and strengthen each and every muscle group while relaxing from head to toe.

Hollis YOGA

*The Om Studio for wellness,
yoga and community*



Top 10 reasons to practice YOGA

1. **STRESS RELIEF**
2. **PAIN RELIEF**
3. **BETTER BREATHING**
4. **FLEXIBILITY**
5. **INCREASED STRENGTH**
6. **WEIGHT MANAGEMENT**
7. **IMPROVED CIRCULATION**
8. **CARDIOVASCULAR CONDITIONING**
9. **BETTER BODY ALIGNMENT**
10. **FOCUS ON THE PRESENT**

A central premise in yoga is "everything is connected." That's clear when looking at the health and fitness benefits of yoga that have long been reported by practitioners and are now being confirmed by scientific research.

**Studio Registration Form —
join ANYTIME —rates will be
pro rated**

Pricing

Single class per week

- Auto-Pay Monthly **\$52** (credit /debit card only)
- Per 3-month Session (12 weeks) **\$156**

Unlimited classes per week

- Auto-Pay Monthly **\$99** (credit /debit card only)
- Per 3-month Session (12 weeks) **\$297**

Single drop-in class

- Adults - **\$15**/class
- Student - **\$10**/class



In consideration of the opportunity to avail myself of the facilities and services of Hollis YOGA, LLC (hereafter the Studio). I hereby hold harmless the Studio, its agents and employees. I assume all risk for the term of my involvement with the Studio and relation to its activities including but not limited to personal injury, property damage or loss. I hereby release and discharge the Studio and any of its agents, employees or representatives from any and all liabilities, actions, causes of action, debts, claims and demands whatsoever kind and nature which may arise out of or in connection with participation in the Studio or participation in any activities incident thereto. This assumption of risk and release of liability shall bind me, my heirs, and personal representatives. I understand and will uphold all of the policies and procedures at the Studio and do hereby join in the execution of this document and agree to be bound by all the terms and conditions thereof.



Hollis YOGA offers classes in a non-competitive, nurturing environment. The studio teachers are dedicated to improving the overall well being of our members. We strive to build a sense of community through various classes, workshops and special events.

Payment

- Check / Cash
- Credit Card One Time Charge Authorization (confidential) I hereby authorize Hollis YOGA, LLC to charge my below credit card —one time, in the amount of \$ _____
- Credit Card "Auto-Pay" Monthly Payment Amount Authorization (confidential) I hereby authorize Hollis YOGA, LLC to charge my below credit card —monthly, in the amount \$ _____

Credit Card Number: _____

CVV2 Security Code (Visa): _____

CVC2 Security Code (MasterCard): _____

Credit Card Expiration Date: _____

Signature: _____

CHECK SESSION:

- WINTER Session: January 3—March 27**
- SPRING Session: March 28—June 19**
- SUMMER Session: June 20—September 25**
No classes – Sun, Jul 4 – Sat, Jul 10
Sun, Aug 29- Sat, Sep 4
- FALL Session: Sunday 26—December 18**
No Classes – Thu Nov 25-26
Sun, Dec 19 – Sat, Jan 1

Registration

Name: _____

Address: _____

Town: _____

State: _____ Zip Code: _____

Phone: _____

Date: _____

e-mail address: _____

Where did you hear about us?

