

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
- Students - **\$10**/class

— **DROP-IN OR JOIN ANYTIME** —
RATES WILL BE PRO-RATED

GIFT CERTIFICATES



- 3 DROP-IN CLASSES **\$45**
- SINGLE CLASS, 12 WEEK SESSION **\$156**
- MASSAGE, **\$65**/60MIN.; **\$95**/90MIN.
- EMAIL: **INFO@HOLLISYOGA.COM**

THERAPEUTIC MASSAGE

- STUDIO MEMBERS RECEIVED \$10 DISCOUNT FOR THEIR FIRST VISIT
- CARLY GREENWOOD, R.N., L.M.T
- APPOINTMENTS, CALL: **603-494-0633**



STUDIO SCHEDULE

EFFECTIVE AS OF JANUARY 2012

MONDAY

- MORNING YOGA (8:30–10:00AM) DORIS
- BEGINNING AND CONTINUING YOGA (6:00–7:30PM) MONICA

TUESDAY

- PILATES (1:00–2:00PM) LIZ
- GENTLE YOGA (7:00–8:30PM) HANNA

WEDNESDAY

- ZUMBA (9:30–10:30AM) SALLIE
- MODERATE FLOW YOGA (6:00–7:30PM) DORIS

THURSDAY

- KIDS YOGA (3:30-4:45PM)—NO WALK-INS, AMYE
- WARM FLOW YOGA (6:00–7:30PM) DORIS

FRIDAY

- RESTORATIVE YOGA (4:30–6:00PM) DORIS

SATURDAY

- ECLECTIC MIX YOGA (9:00–10:30AM) ANJALI

SUNDAY

- YOGA, MEDITATION & RELAXATION WORKSHOPS

ALL HOLLIS YOGA INSTRUCTORS ARE CERTIFIED THROUGH NATIONAL YOGA ALLIANCE REGISTERED PROGRAM OR SIMILARLY ACCREDITED HEALTH AND FITNESS GROUP

FOR MORE STUDIO INFORMATION

WWW.HOLLISYOGA.COM

EMAIL: INFO@HOLLISYOGA.COM

HOLLIS YOGA; 3 MARKETPLACE
POB 344; 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**



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: _____

CV2 SECURITY CODE (VISA): _____

CVC2 SECURITY CODE (MATERCARD): _____

CREDIT CARD EXPIRATION DATE: _____

SIGNATURE: _____

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.

CHECK SESSION—2012:

WINTER SESSION: JAN 1, 2012—MARCH 24

SPRING SESSION: MARCH 25—JUNE 16

SUMMER SESSION: JUNE 17—SEPTEMBER 22

NO CLASSES – SUN, JULY 1—SAT, JULY 7
SUN, SEP 2—SAT, SEP 8

FALL SESSION: SEPTEMBER 23—DECEMBER 22

NO CLASSES – THU, NOV 22
SUN, DEC 23—SUN, JAN 5, 2013

REGISTRATION

NAME: _____

ADDRESS: _____

TOWN: _____

STATE: _____ ZIP CODE: _____

PHONE: _____

DATE: _____

E-MAIL ADDRESS: _____

WHERE DID YOU HEAR ABOUT US? _____



MORNING & MODERATE FLOW YOGA CLASSES: 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.

BEGINNING AND CONTINUING YOGA CLASSES: 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 AND MODERATE YOGA POSES. WE WILL INCORPORATE RESTORATIVE YOGA POSES WITH THE USE OF PROPS.

PILATES CLASSES: 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.

GENTLE YOGA CLASSES: A VARIETY OF YOGA TOOLS TO HEAL THE EFFECTS OF STRESS AND RETURN YOU TO A STATE OF FOCUSED CALM (ADAPTED TO THE INDIVIDUAL).

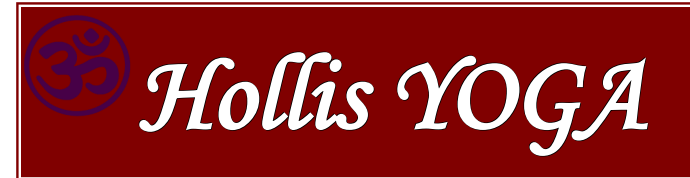
ZUMBA CLASSES: ZUMBA® FUSES HYPNOTIC LATIN RHYTHMS AND EASY-TO-FOLLOW MOVES TO CREATE A ONE-OF-A-KIND CARDIO FITNESS PROGRAM.

KIDS YOGA CLASSES: DESIGNED FOR CHILDREN BETWEEN THE AGES OF 7 AND 10. THIS CLASS WILL ENCOURAGE STUDENTS TO EXPLORE AND DISCOVER THEIR MINDS, BODIES, AND BREATHING IN A FUN AND ENERGETIC WAY. KIDS' YOGA ALSO ENCOURAGES INNER-STRENGTH, CONFIDENCE AND SELF-ESTEEM; A FEELING OF WELL-BEING AND RESPECT FOR OTHERS; AND, A LOVE FOR ONE'S SELF, INSIDE AND OUT. NO WALK-INS, PREREGISTRATION REQUIRED.

WARM FLOW YOGA CLASSES: A MODERATELY HEATED PRACTICE FOR ENHANCED FLEXIBILITY AND STRENGTH. DEEP EXPLORATION OF POSES TO DETOXYFY AND TONE—EXPERIENCE HOW FIGHTING THROUGH OUR OWN ARMOR ALLOWS OUR TRUE SPIRITS TO SHINE. THERE IS FIRE IN THIS WARM FLOW!

RESTORATIVE YOGA CLASSES: 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.

ECLECTIC MIX YOGA CLASSES: 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.



**TRADITIONAL YOGA
THERAPEUTIC MASSAGE
CORE-STRENGTHENING PILATES
CARDIO-INTENSE ZUMBA**



LOCAL STUDIO DEDICATED TO WELLNESS AND COMMUNITY

STRESS RELIEF
PAIN RELIEF
BETTER BREATHING
FLEXIBILITY
INCREASED STRENGTH
WEIGHT MANAGEMENT
IMPROVED CIRCULATION
CARDIOVASCULAR CONDITIONING
BETTER BODY ALIGNMENT
FOCUS ON THE PRESENT

The Profound Inner Journey

*As is your deepest driving desire, so are your thoughts
As are your thoughts, so are your words
As are your words, so are your deeds
As are your deeds, so is your destiny
—Upanishads*