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**HEALING YOGA**  
**1397 EAST MAIN ST. (ROUTE 724)**  
**DOUGLASSVILLE, PA 19518**

**SCHEDULE June 25 - August 18**

No class on Wednesday, July 4th

**MONDAY**

2:30 - 7:30 p.m.

**SHIATSU MASSAGE** with Kim  
Contact us to reserve your spot!

**WEDNESDAY**

6:30 - 7:45 p.m.

**ALL LEVEL YOGA** with Kristine

**THURSDAY**

9:30 - 10:45 a.m.

**THERAPEUTIC YOGA** with April

**FRIDAY**

9:30 - 10:140 a.m.

**PILATES** with Jillian

All Level Yoga. This will be a Beginner-friendly practice that will also appeal to experienced students! Enjoy yoga postures, breathing, awareness, meditation, and relaxation.

Therapeutic Yoga is geared toward those who have chronic conditions, pain or restrictions, are recovering from illness or injury, or require a gentle approach.

Pilates is a conditioning method of low impact exercises which develops awareness of movement, core, and posture, while building strength and flexibility. Pilates is beneficial for people of all fitness levels!

<b>8-Week Class Series</b>	<b>1X/week \$ 96.00</b>
	<b>2X/week 144.00</b>
<b>Wednesdays only</b>	<b>84.00</b>
<b>Unlimited classes</b>	<b>160.00</b>
<b>First Class for new students with coupon</b>	<b>FREE</b>
<b>Drop-in, space permitting</b>	<b>15.00</b>
<b>Reiki Treatment</b>	<b>65.00 full session/ 35.00 half</b>
<b>Shiatsu</b>	<b>70.00 full hour/40.00 half hour</b>
<b>Thai Yoga Massage</b>	<b>65.00 full hour/35.00 half hour</b>
<b>Yoga Therapy Session</b>	<b>75.00</b>