

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:15 – 7:15am Align		6:15 – 7:15am Align			
9:15 – 10:30am Align	9:15 – 10:15am Core	9:15 – 10:30am Flow	9:15 – 10:15am Core	9:15 – 10:30am Align	9:15 – 10:30am Align	9:15 – 10:30am Align
12:00 – 12:45pm Gentle	12:00 – 12:45pm Gentle	12:00 – 12:45pm Gentle	12:00 – 12:45pm Gentle	12:00 – 12:45pm Gentle	11:00am – 12:15pm Flow	11:00am – 12:15pm Flow
4:30 – 5:45pm Align	4:30 – 5:45pm Flow	4:30 – 5:45pm Align	4:30 – 5:45pm Flow	4:30 – 5:45pm Flow	Check online for our Saturday workshops	4:00 – 5:15pm Gentle
6:30 – 7:45pm Flow	6:30 – 7:45pm Align	6:30 – 7:45pm Flow	6:30 – 7:45pm Align			

YogaBalance Yoga Studio • 603.625.4000 • [YogaBalance.info](http://YogaBalance.info)  
 135 Hooksett Road • North End • Manchester, NH 03104



## Class Descriptions

**Gentle:** Gentle postures, easy flow sequences, and deep breathing release stress, reduce tension and promote relaxation.

**Align:** Longer-held postures create strength, deeper stretches create flexibility, and attention to alignment helps us refine and deepen our practice.

**Flow:** In this more vigorous class, we move from one posture to the next with each breath and explore more advanced poses and inversions.

**Core:** This class focuses on strengthening the primary muscles that stabilize the “core” of the body: the abdomen, back, buttocks, hamstrings and hip flexors.

Pricing Options	YB Fee	Seniors 62+ and School Students
<b>New Student One-Month Intro Special</b> One month of unlimited yoga for first-time YB students. Limit one per person.	<b>\$45</b>	<b>\$35</b>
<b>YogaBalance Monthly Membership</b> Unlimited classes and free T-shirt. The fee is charged to your debit or credit card automatically each month on your sign-up date. Only a two-month commitment is required, and thereafter you may terminate prior to your next monthly payment by contacting us at <a href="mailto:Mail@YogaBalance.info">Mail@YogaBalance.info</a> or <a href="tel:603.625.4000">603.625.4000</a> . Only credit and debit cards are accepted for YogaBalance Monthly Membership.	<b>\$90</b>	<b>\$60</b>
<b>10-Class Pass</b> 4-month expiry.	<b>\$140</b>	<b>\$100</b>
<b>Drop-In Class</b>	<b>\$17</b>	<b>\$12</b>
<b>Private Yoga Session</b> Private yoga at your home or our studio. Up to three (3) students.	<b>\$80</b>	
<b>6 Corporate Yoga On-Site Classes</b>	<b>\$500</b>	

Complimentary, clean mats and towels are provided for your use.

Fees for workshops are non-refundable and are not subject to credit due to the teaching fees we must pay in advance. Monthly membership fees are non-refundable. Passes and memberships may not be shared. Please note that the minimum age for attending adult classes is 14 years.