

| 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
 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 |
|--|--------------|---------------------------------|
| New Student One-Month Intro Special One month of unlimited yoga for first-time YB students. Limit one per person. | \$45 | \$35 |
| YogaBalance Monthly Membership 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 Mail@YogaBalance.info or 603.625.4000 . Only credit and debit cards are accepted for YogaBalance Monthly Membership. | \$90 | \$60 |
| 10-Class Pass 4-month expiry. | \$140 | \$100 |
| Drop-In Class | \$17 | \$12 |
| Private Yoga Session Private yoga at your home or our studio. Up to three (3) students. | \$80 | |
| 6 Corporate Yoga On-Site Classes | \$500 | |

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.