



Sunday

**8:50 - 9:50 am**  
Mindful Yoga  
Starting March 11th  
\$60.00 for 6 weeks  
(Kami)

Monday

**9:30-10:30 am**  
Gentle Flow  
(Rebecca S)

Tuesday

**9:30-10:30 am**  
Mindful Yoga  
(Zorayda)

Wednesday

**9:30-10:30 am**  
Gentle Flow  
(Jocelyn)

Thursday

**9:30-10:30 am**  
Serenity Flow  
(Shawna)

Friday

Saturday

**8:30-9:30 am**  
Vinyasa Yoga  
(Christine)

**5:30-6:30 pm**  
Beginners Yoga  
(Shawna)

**5:30-6:30 pm**  
Multi-Level Yoga  
(Rebecca S)

**6:45-7:45 pm**  
Gentle Yoga &  
Meditation  
(Rebecca S)

**4:30-5:15pm**  
Kids Yoga  
Ends April 5th  
Drop In \$7  
(Zorayda)

**5:30-6:30 pm**  
Gentle Yoga  
(Zorayda)



Class Schedule January 2-February 24, 2018  
118 Center Street, Wallingford 06492  
203-265-4419  
www.serenityofwallingford.com

### Gentle Flow Yoga

Alignment principles, gentle breathing techniques, and basic poses will be taught at a slow pace for all levels of students.

### Vinyasa Yoga

The movement is aligned and linked with the breath so that you move with each in-hale and exhale. Vinyasa-style yoga classes are ones where there is a dynamic flow from posture to posture.

### Multi-Level Yoga

Practice developing balance, flexibility and strength with students of all levels. Modifications and variations are offered to increase or decrease intensity.

### Gentle Yoga & Meditation

A nurturing yoga class for the beginner student or those needing a little extra relaxation in their life. Breathing exercises and guided meditation will leave you feeling renewed and reinvigorated.

### Serenity Flow

Stretch and strengthen your body, calm and focus your mind, end with deep relaxation to leave feeling reinvigorated, restored, and refreshed.

### After School Kids Yoga

Kids yoga is a forty-five minute yoga class designed especially for children. Yoga for children has been shown to increase focus and self esteem in all aspects of their lives; as well as increase their physical strength and flexibility. This class incorporates a variety of breathing techniques and poses in a fun and relaxed environment. Our goal is to introduce the joy of yoga to the children at a young age in this fun and enjoyable class. Our belief is that it will impact their everyday lives in a positive way.

### Gentle Yoga

A nurturing yoga class for the beginner student or those needing a little extra relaxation in their life.

### Entry to Vinyasa

Introduce yourself to the flow and connection of a basic vinyasa class.

### Mindful Yoga

A gentle form of yoga that involves simple postures adding a meditative awareness to breath and movement.

*Class sizes are limited to 15 maximum to uphold our intimate, hand-on atmosphere.*

*All students are encouraged to work within their own limitations. Please wear comfortable clothing and avoid heavy meals at least an hour before practice.*

### Regular Pricing:

8 week Class Session: \$80.00

25 Class Card: \$300.00 (exp in 10 months)

15 Class Card: \$195.00 (exp in 7 months)

8 Class Card: \$112.00 (exp in 5 months)

5 Class Card: \$75.00 (exp in 4 months)

1 month Unlimited: \$99.00 (exp 30 days)

New student special: \$29.00(2wk unlimited)

Drop-in: \$16.00

**Payment, Refund & Cancellation Policy:** Payment for all products, services and special programs is required in full at the point of sale. All sales are final, all payments for products and services are non-refundable and services are non-transferable. Serenity reserves the right to cancel any program if minimum registration has not been met. A full refund will be issued for programs cancelled for this reason. Serenity reserves the right to terminate an individual's enrollment in any program or membership at any time. If such termination is due, in the sole judgment of Serenity, to the unsafe, disruptive, uncooperative, negligent, reckless or otherwise improper acts or omissions of, or violation of any policy or rule of a Serenity by the client, all amounts previously

paid will be forfeited. In the unusual event that such cancellation is effected by Serenity for reasons other than those set forth immediately above, i.e., a service must be cancelled mid-term, a prorated refund will be issued not later than 45 days after cancellation. **Expiration Policy:** Session passes purchased at Serenity are non-refundable, non-transferable, and are valid only during that session. Up to one missed class during a session can be made-up in any other available class within the same session. Exceptions to the policy are permitted only due to illness or injury. If this applies to you, please inform the Serenity Manager immediately, so we may credit you for the amount of classes you will miss, starting from the date you informed us.