

Serenity
salon & day spa



Class Schedule August 14-October 7, 2017
118 Center Street, Wallingford 06492
203-265-4419
www.serenityofwallingford.com

Sunday

CLOSED

Monday

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

Tuesday

9:30-10:30 am
Gentle Flow
(Zorayda)

4:15-5:15 pm
Gentle Yoga
(Amy)

5:30-6:30 pm
Vinyasa
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6:45-7:45 pm
Multi-Level Yoga
(Tricia)

Wednesday

9:30-10:30 am
Gentle Flow
(Amy)

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

6:45-7:45 pm
Gentle Yoga & Med-
itation
(Rebecca S)

Thursday

9:30-10:30 am
Serenity Flow
(Johanna)

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

6:45-7:45 pm
Multi-Level Yoga
(Esterina)

Friday

Saturday

8:30-9:30 am
Entry To Vinyasa
(Christine)

Workshops

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Gentle Flow Yoga

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

Beginners/Gentle Yoga

Learn the fundamentals and benefits of yoga. Gentle breathing techniques, and basic poses will be taught at a slow pace for all levels of students.

Heated Vinyasa Flow

You can expect all of the same elements that you receive in our other Flow classes, along with the added ingredient of a glistening, purifying sweat.

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.

Gentle Yoga

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

Therapeutic Yin Yoga

Combine the gentle healing of therapeutic yoga and the quiet awareness of a Yin practice to relieve stress and fatigue and promote recovery from injury and illness.

Entry to Vinyasa

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

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.

Bring a mat and anything else to support your 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.