

RESTORATIVE YOGA

In a balanced yoga practice, one day a week is reserved for restful poses; time to rest your nervous system and prevent fatigue. The class will do a series of supportive poses that are held for an average of 5 minutes each. This class is suitable for all levels. If you are going through a challenging period in your life, or if you have fibromyalgia or chronic fatigue syndrome, this class may be just what you need.

Set of 5 classes: \$89
Set of 10 classes: \$172
Drop-In: \$20
New Students- 25% discount
on sets of 5 & 10



Wednesday 5:00 - 6:00 pm in Madison

with Patricia Videgain

Wednesday 7:30 - 8:30 pm in Chatham

with Patricia Videgain

Saturdays 1:30 - 2:45 pm in Madison

with SY Staff Instructors

Studio Yoga Chatham

650 Shunpike Road
The Chatham Mall
Chatham Twp, 07928



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Studio Yoga Madison

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(downtown Madison, above Blue Ridge Mountain Sports)

Madison, NJ 07940