



Yoga TO You, INC.

CLASSES ■ PRIVATE SESSIONS ■ YOGA THERAPY

YOGA WELLNESS CENTER at 941 Mt. Hermon Road, Salisbury MD in the Market Place East shopping center.

Phone: **443-735-8930** • Website: yogatoyouSBY.com • Email: yogatoyoustudio@gmail.com

CLASS SCHEDULE: Monthly 2019

Sunday	Monday	Tuesday	Wednesday	Thurs.	Friday	Saturday
			Month 1	Month 2	Month 3	Month 4
			BC 10:30am-12pm BC 5:30 –7:00pm	By appt	C 9:30 – 11:00am	
Month 5	Month 6	Month 7	Month 8	Month 9	Month 10	Month 11
	GB 10:30am-12pm B 5:30-7:00pm	By appt	BC 10:30am-12pm BC 5:30 –7:00pm	By appt	C 9:30 – 11:00am	
Month 12	Month 13	Month 14	Month 15	Month 16	Month 17	Month 18
	GB 10:30am-12pm B 5:30-7:00pm	By appt	BC 10:30am-12pm BC 5:30 –7:00pm	By appt	C 9:30 – 11:00am	
Month 19	Month 20	Month 21	Month 22	Month 23	Month 24	Month 25
	GB 10:30am-12pm B 5:30-7:00pm	By appt	BC 10:30am-12pm BC 5:30 –7:00pm	By appt	C 9:30 – 11:00am	
Month 26	Month 27	Month 28	Month 29	Month 30	Month 31	
	HOLIDAY Closed	By appt	BC 10:30am-12pm BC 5:30 –7:00pm	By appt	C 9:30 – 11:00am	

2019 FEES: \$20 per class. Series of four: \$72 (use within five weeks) Buy eight classes: \$132 (use within 10 weeks)

CODES for CLASS LEVELS: B = Beginner, G = Gentle/Beginner, C = Continuing/must have a committed home practice.



www.svaroopa.org

YOGA TO YOU® was founded in 2011 as a way to bring yoga into busy peoples’ everyday lives by offering yoga by appointment at your home, office, and now in our studio. Traditional yoga has always been a relationship between a teacher and a student to allow individualized attention to build a lifelong practice for well-being and inner peace.

Small individualized classes, safe and peaceful environment, nurturing community to support you in learning yoga.

Yoga therapy is a unique individualized, hands-on healing technique based on the principles of core release and spinal decompression to open the body for deep healing through either Embodiment®, an acupuncture methodology, or supported poses. Effective in reducing pain and supports faster recovery from injury, medical procedures, and chronic pain in back, knees, hips, feet, shoulders, neck and arms/hands. Yoga therapy Increases your feeling of well-being through the release of tension in the body from head to foot in a one-hour session.

Consider private sessions to set up a home practice, private coaching, yoga therapy, or health consultation.

All private sessions are by appointment only.

Embodiment® or Private Session **2019 Fees: \$75 per session**

Three session package = \$195; Five session package= \$300; Ten session package = \$575

HEALING COMBO SPECIAL: \$375 = five private Yoga Therapy sessions by appt and unlimited classes for four weeks.

Home Practice set up: \$100 includes four blankets and two blocks (by special order only).