

Yoga Class Schedule

January 2019

Note: Class schedule subject to change

| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------|--|---|---|--|---|--|
| 30 Closed | 31 No Classes Today Yoga Cancelled | 1 No Classes Today Yoga Cancelled | 2 8:30-9:30am <u>Yoga for Wellness-Experienced</u> 10-11:00am <u>Yoga for Wellness-Basic</u> 11:30-12:30pm <u>Yoga for Wellness-Mixed</u> 1:00-1:20pm <u>Chair Meditation – Quiet Atrium</u> | 3 3:30-4:30pm <u>Re-VITA-lize Yoga-</u> 5-6:00pm <u>Yoga for Wellness-Basic</u> | 4 8:30-9:30am <u>Yoga for Wellness-Experienced</u> 10-11:00am <u>Yoga for Wellness-Basic</u> 11:30-12:30pm <u>Yoga for Wellness-Mixed</u> 1-1:45pm <u>Chair Yoga</u> | 5 8:30-9:30am <u>Yoga for Wellness-Mix Level</u> 10:00-11:00am <u>Yoga for Wellness-Basic</u> |
| 6 Closed | 7 8:30am -9:30am - <u>Yoga for Wellness-Experienced</u> 10:00-11:00am <u>Yoga for Wellness –Basic</u> 11:30-12:30pm <u>Yoga for Wellness-Mixed Level</u> 5-6:00pm <u>Re-VITA-lize Yoga</u> | 8 12:30pm <u>Chair Yoga</u> | 9 8:30-9:30am <u>Yoga for Wellness-Experienced</u> 10-11:00am <u>Yoga for Wellness-Basic</u> 11:30-12:30pm <u>Yoga for Wellness-Mixed</u> 1:00-1:20pm <u>Chair Meditation – Quiet Atrium</u> | 10 3:30-4:30pm <u>Re-VITA-lize Yoga-</u> 5-6:00pm <u>Yoga for Wellness-Basic</u> | 11 8:30-9:30am <u>Yoga for Wellness-Experienced</u> 10-11:00am <u>Yoga for Wellness-Basic</u> 11:30-12:30pm <u>Yoga for Wellness-Mixed</u> 1-1:45pm <u>Chair Yoga</u> | 12 8:30-9:30am <u>Yoga for Wellness-Mix Level</u> 10:00-11:00am <u>Yoga for Wellness-Basic</u> |
| 13 Closed | 14 8:30am -9:30am <u>Yoga for Wellness-Experienced</u> 10:00-11:00am <u>Yoga for Wellness –Basic</u> 11:30-12:30pm <u>Yoga for Wellness-Mixed Level</u> 5-6:00pm- <u>Re-VITA-lize Yoga</u> | 15 12:30pm <u>Chair Yoga</u> | 16 8:30-9:30am <u>Yoga for Wellness-Experienced</u> 10-11:00am <u>Yoga for Wellness-Basic</u> 11:30-12:30pm <u>Yoga for Wellness-Mixed</u> 1:00-1:20pm <u>Chair Meditation – Quiet Atrium</u> | 17 3:30-4:30pm <u>Re-VITA-lize Yoga</u> 5-6:00pm <u>Yoga for Wellness-Basic</u> | 18 8:30-9:30am <u>Yoga for Wellness-Experienced</u> 10-11:00am <u>Yoga for Wellness-Basic</u> 11:30-12:30pm <u>Yoga for Wellness-Mixed</u> 1-1:45pm <u>Chair Yoga</u> | 19 8:30-9:30am <u>Yoga for Wellness-Mix Level</u> 10:00-11:00am <u>Yoga for Wellness-Basic</u> |
| 20 Closed | 21 8:30am -9:30am <u>Yoga for Wellness-Experienced</u> 10:00-11:00am <u>Yoga for Wellness –Basic</u> 11:30-12:30pm <u>Yoga for Wellness-Mixed Level</u> 5-6:00pm- <u>Re-VITA-lize Yoga</u> | 22 12:30pm <u>Chair Yoga</u> | 23 8:30-9:30am <u>Yoga for Wellness-Experienced</u> 10-11:00am <u>Yoga for Wellness-Basic</u> 11:30-12:30pm <u>Yoga for Wellness-Mixed</u> 1:00-1:20pm <u>Chair Meditation – Quiet Atrium</u> | 24 3:30-4:30pm <u>Re-VITA-lize Yoga-</u> 5-6:00pm <u>Yoga for Wellness-Basic</u> | 25 8:30-9:30am <u>Yoga for Wellness-Experienced</u> 10-11:00am <u>Yoga for Wellness-Basic</u> 11:30-12:30pm <u>Yoga for Wellness-Mixed</u> 1-1:45pm <u>Chair Yoga</u> | 26 No Classes Today Yoga Cancelled |
| 27 Closed | 28 8:30am -9:30am <u>Yoga for Wellness-Experienced</u> 10:00-11:00am <u>Yoga for Wellness –Basic</u> 11:30-12:30pm <u>Yoga for Wellness-Mixed Level</u> 5-6:00pm- <u>Re-VITA-lize Yoga</u> | 29 12:30pm <u>Chair Yoga</u> | 30 8:30-9:30am <u>Yoga for Wellness-Experienced</u> 10-11:00am <u>Yoga for Wellness-Basic</u> 11:30-12:30pm <u>Yoga for Wellness-Mixed</u> 1:00-1:20pm <u>Chair Meditation– Quiet Atrium</u> | 31 3:30-4:30pm <u>Re-VITA-lize Yoga-</u> 5-6:00pm <u>Yoga for Wellness-Basic</u> | | |

To register for a class, call (248) 325-3890 x 1



The yoga studio is located inside Henry Ford West Bloomfield Hospital, directly past the Main Entrance. Our schedule of classes can be found online at HenryFord.com/WestBloomfield, under Classes and Events. Space is limited, registration is required. We require a 24-hour notice for class registration and reservation cancellations. Walk-ins not allowed.

Yoga for Wellness (Basic)

Class is designed for beginners and students who have limitations and may need assistance. The therapeutic benefits of yoga improve strength and flexibility in body and mind. Studies show that yoga can improve lymphatic function, boosting the immune system. The use of yoga postures, breath work, and meditation are tools to move toward improved health and well-being. \$12

Yoga for Wellness (Mixed Level)

Class is designed for students who have progressed from Basic yoga by recommendation of our Yoga Instructors. The therapeutic benefits of yoga improve strength and flexibility in body and mind. In addition to strengthening and improving elasticity of the muscles, yoga builds bone density and studies show that yoga improves lymphatic function, boosting the immune system. The use of yoga postures, breath work, and meditation are tools to move toward greater health and well-being. \$12

Yoga for Wellness (Experienced)

Class is designed for confident students with previous yoga experience. It utilizes the therapeutic benefits of yoga to improve strength and flexibility in body and mind. In addition to strengthening and improving elasticity of the muscles, yoga builds bone density. The use of yoga postures, breath work, and meditation are tools to move toward greater health and well-being. \$12

Re-VITA-lize Yoga

Restore, renew and revitalize with a slow flow. Exhale out tension; Inhale renewed energy. This class is designed to reduce stress with yoga postures, breathing and meditation. \$12

Chair Yoga

Join Vita's certified yoga therapist, Julie Levinson, for a series of seated yoga classes. Learn how adaptive yoga can improve respiration techniques, pain management (not part of package pricing for unlimited memberships) please check with Vita Staff for pricing.

Wednesday Mid-Day Meditation

(Held downstairs in the WBH Quiet Atrium)

Restore, renew and revitalize with 20 Minutes of guided meditation and gentle seated yoga postures. Please arrive on time to enjoy the full benefits and to ensure the tranquility of this experience. Class space may be limited so please arrive early. No equipment needed. (Free/No charge)

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**For questions about different class styles,
call (248) 325-3890 x 2**

YOGA PRICING

Single Yoga Class Price \$12
10 class pass (6-month expiration) \$100
Chair Yoga 10 class pass \$70
1 month unlimited class pass: \$80