

# KUR YOGA SCHEDULE

## MANY CLASSES UTILIZE OUR UNIQUE YOGA WALL

When **Gentle & Slow Yoga** classes run at seven or fewer students, we typically incorporate our Yoga Wall. This is an amazing way to delve more deeply into therapeutic poses with less pain.

### Sundays

9:15 - 10:15 am	Gentle Yoga	Doreen
10:30 - 11:30 am	Vinyasa Flow	Trey
4:15 - 5:15 pm	Meditative Restorative with Singing Bowls	Olivia or April

### Mondays

9:15 - 10:15 am	Slow Flow	Megan
-----------------	-----------	-------

### Tuesdays

9:15 - 10:15 am	Yoga for Tight Muscles	Dana
-----------------	------------------------	------

### Wednesdays

9:15 - 10:15 am	Yin Yoga	Doreen
-----------------	----------	--------

### Thursdays

9:15 - 10:15 am	Yoga for Tight Muscles	Dana
-----------------	------------------------	------

### Fridays

9:15 - 10:15 am	Gentle Yoga	Megan
-----------------	-------------	-------

### Saturdays

9:15 - 10:15 am	Yoga Fundamentals	Emily
10:30 - 11:30 am	Vinyasa Flow	Megan

**Reservations strongly suggested!** Classes can fill or be cancelled, two student minimum (or class is canceled one hour before start)

## WORKSHOPS

**Great Yoga Wall** by Maggie  
Sunday, **May 5**, 12:00-1:30pm, **\$35**

**Conquering Low Back Pain** with  
Dr. Kayla & Dr. Allison of [nextlevelptnj.com](http://nextlevelptnj.com)  
Saturday, **June 22**, 12:00-1:00pm,  
**\$25 + bring a friend free!**  
(both must be pre-registered together)

## Yoga Class Pricing

Drop-In: **\$19**

10-Class Pack: **\$149** (\$14.90 each)

20-Class Pack: **\$249** (\$12.45 each)

1-Month Unlimited: **\$99** (or **\$79** in our Club)

Our instructors are attuned to each individual client's experience. Whether this is your first visit to a studio, or you are well on your path, you'll feel at home at Kur. With our instructors' expert coaching and positive reinforcement, we'll help you understand how to get what you need out of each pose and feel accomplished.