



Woodbury Meditation & Yoga Center



May our One Family of all beings be drenched with peace and authentic love throughout the holidays and into the New Year.

WINTER 2023 CLASSES

JANUARY 2 – FEBRUARY 26 (ER DEC 23)

Monday 1/2 – 2/20

9:30am Yoga/Optional Meditation (Janaki)

Tuesday 1/3 – 2/21

9:30 am Slow Flow (Sharon)

5:30pm Yoga (Sara)

Thursday 1/5 – 2/23

10:00am ZOOM/Online Yoga (Rick)

3:00pm Yoga (Sharon)

Saturday 1/7 – 2/25

11:00am Vinyassa or Gentle Yoga (Sharon)

Sunday 1/8 – 2/26

5:00pm Gentle Yoga (Sharon/Lisa)

Registration

Register, see the Director's Letter, and find more information on our website. Download registration form and/or mail your check with name, postal and email addresses, and phone number. Be sure to designate the class for which you are registering.

Bring your own mat, towel, or blanket to practice on; cushion; shawl or sweater for added warmth.

Stay Healthy Protocol

For Everyone's Safety re: Covid-19 and other respiratory conditions:

Masks not required during class but are encouraged when entering, leaving, moving about the building. We support those who prefer to continue wearing masks during class. Hand sanitizer on table as you enter and in practice hall next to stairs. (Monitor website, Facebook, eNews for updates.)

EARLY SPRING 2023 CLASSES

FEBRUARY 27 – APRIL 23 (ER FEB 17)

Monday 2/27 – 4/17

9:30am Yoga/Optional Meditation (Janaki)

Tuesday 2/28 – 4/18

9:30 am Slow Flow (Sharon)

5:30pm Yoga (Sara)

Thursday 3/2 – 4/20

10:00am ZOOM/Online Yoga (Rick)

3:00pm Gentle Yoga (Sharon)

Saturday 3/4 – 4/22

10:30am Vinyassa or Gentle Yoga (Sharon)

Sunday 3/5 – 4/23

5:00pm Gentle Yoga (Sharon/Lisa)

8-week Hatha Yoga series :\$135/ \$125 when received by **Early Registration date (see ER below for each session)**. All classes are 90 minutes unless indicated otherwise. Add an extra weekly class for \$75. **SIGN UP NOW FOR GREATER SAVINGS!** We also offer 3- and 16-class passes, and

Unlimited 28 day memberships \$115. Ask about unlimited memberships or class package options tailored to you.

COMPLIMENTARY YOGA FOR VETERANS, FIRST RESPONDERS & ESSENTIAL WORKERS, OR PARTIAL SCHOLARSHIPS AS NEEDED.

203-263-2254

WYOGAC@GMAIL.COM

WOODBURYOGACENTER.ORG

122 WEST SIDE RD., WOODBURY, CT 06798

Check website, Facebook and eNews for Sound Healing and Meditation Class updates, and more events.

Meditation Classes with Janaki

Foundations of Meditation

\$151/\$141 if received by Dec 30, Jan 31, or Mar 26, respectively
3 Sundays: January 8, 15, 22; 1:45pm–4:45pm

or

5 Thursdays: February 9 – March 9, 6:30pm –8:30pm

or

5 Tuesdays: April 4 – May 2, 7:00pm – 9:30pm

Class continues one week further if there is a weather or holiday weekend postponement.

Participants who have paid for the class any time in the last 40 years may repeat it with our compliments.

Deepening Meditation

\$35 or \$25 when payment received 3 days before class.

For anyone who has ever completed our Foundations of Meditation class. Class meets weekly, alternating evenings and daytimes — often Monday or Tuesday evenings 7:00pm – 9:00pm and Thursdays 11:30am–1:30pm. Dates are on website, Facebook and in weekly eNews.

Tibetan Singing Bowl Sound Healing with Karin Reetz

\$25 per session, \$20 when received 5 days before event
Saturdays, Jan 7, Feb 11, 3:00pm–4:15pm; Apr 1, 4:00pm–5:15pm
Sunday: Mar 5, 2:00pm–3:15pm

WMYC Saves Printing Costs

This schedule is now printed three times a year. Stay informed of last-minute additions and changes via eNews. Email us at w yogac@gmail.com to subscribe. Let us know if you can be removed from the USPS postcard list.



Helping WMYC Financially

- Register for classes.
- Give a gift when you buy a gift! Each time you shop, Amazon Smile donates to WMYC. Register WMYC as your charity of choice on the Amazon Smile website.
- On-line donations through the website.
- Mailing in or stopping by with a donation.
- Shop in our Gift Store—Browse our selection of gifts, or share calm, peace and joy with a Gift Certificate for yoga, meditation, Sound Healing.
- Volunteer your time.

122 West Side Rd,
Woodbury, CT 06798

www.woodburyyogacenter.org
203-263-2254

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Waterbury, CT



VERY IMPORTANT!
HELP US TO SAVE
PAPER AND TRIM
OUR MAILING LIST

This could be your last postcard UNLESS you call or email to let us know you still wish to receive paper version of schedule. To receive email version make sure we have a correct email address.