



# WOODBURY MEDITATION & YOGA CENTER



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-class passes, 16-class passes and **Unlimited 28 day memberships \$115. Ask about unlimited memberships for other lengths of time tailored to you.**

***This schedule may be adjusted. Kindly refer to website or eNews for updates before attending a class or event listed here.***

## WINTER 2024 SCHEDULE

JANUARY 2 – FEBRUARY 25 (ER DEC 14)

### **Tuesday 1/2 – 2/20**

5:30pm Yoga (Sara / Art)

### **Thursday 1/4 – 2/22**

10:00am ZOOM Yoga (Richard)

3:00pm Yoga (Sharon)

### **Sunday 1/7 – 2/25**

5:00pm Gentle Yoga (Sharon)

### **Monday 1/8 – 2/26**

9:30am Yoga/Optional Meditation (Janaki)

May our hearts overflow  
with joy and love this holiday  
season and into the New Year,  
saturating our entire planet  
with an everlasting and  
irresistible vibration of  
Peace.

## EARLY SPRING 2024 SCHEDULE

FEBRUARY 26 – APRIL 21 (ER FEB 15)

### **Tuesday 2/27 – 4/16**

5:30pm Yoga (Sara / Art)

### **Thursday 2/29 – 4/18**

10:00am ZOOM Yoga (Richard)

3:00pm Yoga (Sharon)

### **Sunday 3/3 – 4/21**

5:00pm Gentle Yoga (Sharon)

### **Monday 3/4 – 4/22**

9:30am Yoga/Optional Meditation (Janaki)

Partial scholarships or complimentary yoga for veterans, cancer survivors & first responders as needed.

### **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.

### **Stay Healthy Protocol—For Everyone's Safety re: Covid-19 and other respiratory conditions:**

Masks not required 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.

## **Meditation Classes with Janaki**

### **Foundations of Meditation**

\$161/\$151 if received by Early Registration (ER) noted with each session

3-week Saturday sessions: 1–4pm

March 9, 23, 30

ER discount when received by March 2

5-week Thursday sessions: 6–8pm

April 4, 18, 25, May 2, 9

ER discount when received by March 29

Meditators who have paid for the class any time in the last 43 years may repeat it with our compliments.

### **Deepening Meditation**

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

Class is for for anyone who has completed the Foundations of Meditation with us and meets weekly—alternating evenings and daytimes

(often Monday or Tuesday evenings 7–9pm and Thursdays 11am–1pm)

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

Jan 27, Feb 17, 3:00–4:15pm; Mar 16 and Apr 20, 4–5:15pm.

Later time begins with daylights savings time.

## **Himalayan Singing Bowl Sound Healing with Matthew**

Suggested Gratitude Offering: \$15, more/less always gratefully accepted.

6:30–7:30pm. Please arrive 15 minutes early.

Fridays December 15, February 9, March 1 and 29

Sunday December 31: 3:45–4:45pm (followed by Sharon’s Gentle Yoga)

Thursday January 11: 6:30–7:30pm

### **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 wyogac@gmail.com to be added.

Let us know if you can be removed from the USPS postcard list.

### **Helping WMYC Financially**

- Register for classes.
- On-line donations through the website.
- Mailing in or stopping by with a donation.
- Shop in our Gift Store
- Volunteer your time.

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***VERY IMPORTANT!***  
*HELP US TO SAVE  
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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.