



Yoga Room

Fall Class Schedule 2019



Lots of workshops
See flyers or website

In BOLD are the 6 Webb classes that are FREE to members*

(*Pool Only members: \$5 for these & Matinee members: \$5 for classes 5:30 or later)

All other classes: \$15 drop-in OR buy a 10 class Pass from The Yoga Room at Webb's front desk for \$99 OR

become an Unlimited Yoga Room Member for only \$50 more each month (see details on reverse)

Sunday

10:15AM Eclectic Yoga (meditation & flow) Lori Dougherty \$15 drop-in or Unlimited Yoga Rm or Yoga Rm 10 class pass
5:30PM Yoga Vinyasa Flow Sara Pearson \$15 drop-in or Unlimited Yoga Rm or Yoga Rm 10 class pass

Monday

9:00AM Gentle Yoga 101 © Sara Pearson \$15 drop-in or Unlimited Yoga Rm or Yoga Rm 10 class pass
5:30PM Yoga Heather (Webb) Quintal free to Webb's Full members, Pool & Matinee \$5

Tuesday

7:30AM All Levels Yoga Amy Webb - \$15 drop-in or Unlimited Yoga Rm or Yoga Rm 10 class pass (Webb members: \$5)
10:00AM Therapeutic Yoga © Kathleen Picardi \$15 drop-in or Unlimited Yoga Rm or Yoga Rm 10 class pass
4:30PM Yoga Katherine Rossmore free to Webb's Full & Matinee members, Pool \$5
6:30PM Yoga for Everybody Tracie Marshall \$15 drop-in or Unlimited Yoga Rm or Yoga Rm 10 class pass

Wednesday

7:00AM Power Yoga 45 moved to Thursdays 7am
9:30AM Power Yoga © Laurie Barron ©** in Webb's Aerobic Room
10:30AM Qi Gong Yoga^(w/ Chair) © Amy Webb 4 classes \$39 OR buy 10 class pass \$99 Webb's Members OR Yoga Room
5:30 PM Restorative & Gentle Yoga Andrea Skane *Bring a friend for \$5..1st person is \$15 or use punch card or unlimited*

Thursday

7:00AM Power Yoga 45 (45 mins) Heather (Webb) Quintal Our Give-back-to-community \$0
10:00AM Yoga © Andrea Skane
6:00PM Yoga Sue McDonough

Friday

7:30 AM Morning Yoga Heather (Webb) Quintal - \$5 Webb Members & students; \$15 non-Webb's members

Saturday

8:30AM Yoga © Katherine Rossmore
10:00AM Yoga © Katherine Rossmore

Turn for ways to pay

Members can choose 8:30 am Both in the peaceful Room nicall

© = denotes Nursery open ..Do yoga while your little one has fun!! :)

BOLD = denotes the 6 specific classes free for Webb's members (Pool Only members: \$5 for these & Matinee \$5 for classes 5:30 or later)

yogaroomnorwell.com

136 Washington Street Norwell

Located behind Kyma Spa, Marathon Sports & Webb's Pro Fitness

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For Webb's Members....

3 great Ways to Pay for Yoga Classes in *ITALICS* on the Class Schedule

(as the *ITALICS* ones are NOT free for Webb's members), so they can:

~**10 Class Pass: \$99** (Reg \$120 to general public) This PASS entitles you to ANY class above

~**Drop-in: \$15 (Students: \$12)**

~ **one month unlimited (no contract): \$75**

~As a Webb's member, s/he can join the Yoga Room's **ONGOING MONTHLY,**

it's ONLY \$50/month! It's a one year commitment, then it is ongoing

after that & you can cancel anytime after 1 year if you decide to. AND IF your membership at Webb's expires during the 1 year commitment to the Yoga Room, then your rate goes up to the rate charged to non-members per month ^{until you} renew at webb's.

YOGA CLASS DESCRIPTIONS

Yoga for Everybody This class is for those who are in search for a workout, stretch and a little playfulness. Yoga has been proven to decrease stress & anxiety while at the same time releasing tension within the joints and muscles to decrease risk of injury. This is your opportunity to fall in love with a powerful, energetic, strengthening yoga class that introduces yoga stretching into your fitness exercise and strengthens your practice as a whole!

QiGong QiGong is a gentle practice of movements which increases your flexibility, strength, balance and deepens the breath. This practice promotes energy flow throughout the body which produces powerful healing benefits. QiGong is a beautiful slow moving flow of movements which are easy to learn and can be beneficial for all ages.

Gentle Flow A soft approach to yoga, focusing on alignment and moving towards poses with breath. A safe and supportive class where beginners and those of all ages are always welcome!

All Levels Flow A fluid class allowing the mind and body to relax as you flow through movement and release tightness and free the mind. A class open for any type of yogi - whether you've never done yoga before or your mat is dear to your heart!

Restorative Yoga Restorative yoga focuses on relaxing the muscles and the central nervous system while you melt into postures and enjoy the assistance of bolsters, blocks and blankets. Utilizing breath to move deeper into the stretches & release tension in the mind & body.

Renew & Restore A class geared to all levels of yogis! Take a trip with Pam to find a focus within yourself and learn to honor it throughout your practice. Pam will take you through a flow, while reminding you to focus on your alignment, laugh at yourself and enjoy a fun practice! Restoring the muscles and renewing the mind to gear you up for your practice and move off your mat and into your life!



136 Washington St Norwell, MA 02061

Behind Webb's Pro Fitness, Kyma Spa & Marathon Sports