

Vinyasa Yoga

Pronunciation: vin-ya-sa

Vinyasa means breath-synchronized movement and that poses will flow from one to another in conjunction with the breath. Variations in Sun Salutations are often used followed by standing sequences, balancing poses and seated poses. Beginner to Intermediate.

Baptiste Power Vinyasa

In Power Vinyasa we provide a combination of strength, sweat and power to sculpt and tone your muscles while freeing your mind and using your breath. This class practiced in a hot room. So prepare to sweat as you practice Power Vinyasa that will radically change your body and awaken the sacred within your soul. All Levels are welcome to participate in this challenging free form of yoga. This class is taught by teachers who have studied and trained with Baron Baptiste.

Power Hour

This class is a shortened version of our Power Vinyasa Class. 60 min. All Levels.

Power Yoga Basics

Based upon the same sequence found in our Baptiste Power Vinyasa classes, Basics slows down the pace and focuses on the fundamental building blocks of power vinyasa yoga. These classes will include detailed alignment of yoga postures, correct breathing, and the mental and physical benefits of power vinyasa yoga. Basics classes build a foundation for both new and experienced yogis alike to grow from.

Free Community Yoga Classes

Join us for a free yoga class. Everyone is welcome to join us here at Yoga Bliss to take any one of these classes offered. Come meet the amazing instructors and learn about the joy of yoga.

Yin Yoga

Yin Yoga targets the connective tissues, such as the ligaments, bones, and the joints of the body that normally are not exercised very much in a more active style of asana practice such as Vinyasa.

Yin Yoga is suitable for all levels of students even beginners. It is a perfect complement to our Power Vinyasa classes which is a dynamic and a muscular (yang) style of yoga that emphasize internal heat, and the lengthening and contracting of your muscles. Yin Yoga generally targets the connective tissues of the hips, pelvis, and lower spine.

While initially this style of yoga can seem quite passive, or soft, yin practice can be quite challenging due to the long duration of the poses. Poses can remain in the held anywhere from one to twenty minutes! In this class we will explore holding poses for about 4-5 minutes. Yin and yang tissues respond quite differently to being exercised. You really need to experience this to really know what Yin Yoga is all about. Please Join us.

Meditation

These sessions are open to anyone. There is no class card required for this class or drop in fee, however we suggest a donation of any amount as an offering. Karmas services are also greatly appreciated.

Everyone experiences stress and difficulties in their lives. It is important to be able to combat stress effectively so that the negative effects are reduced in daily life. Everyone needs a healthy outlet for stress. One of the most effective ways to combat stress and difficulties in life is the practice of meditation. In this class we will explore different techniques and ways to calm and quiet the mind. Everyone please come join us in peace.

New Student Special

5 Classes for \$50!

For use in 1 month time period.



Yoga Bliss offers yoga classes for the entire family. All levels are welcome so that everyone can participate to achieve mental and physical balance in their lives.



**Stacey Wade,
RYT, RCYP
Owner, Director**

**1405 Wickapecko Drive
Ocean, NJ 07712**

www.yogabliss.us

Studio: 732-988-2300

2012 Schedule

Please arrive 10-15 minutes prior to class. Classes will begin promptly.

Schedule is subject to change without notice

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	8:00-9:00am Yin Yoga Stacey			8:00-9:00am Yin Yoga Stacey	8:00-9:30am All Levels Stacey	8:00-9:00am Power Hour Donna
		8:30-9:45am All Levels Lissa		9:30-10:45am All Levels Stacey		9:30-11:00am Basics Kerry
9:30-10:30am Yin Yoga Stacey			9:30-10:45am Basics Kerry			
6:00-7:15pm Basics Kerry	6:00-7:15pm All Levels Stacey	6:00-7:15pm Basics Kerry	6:00-7:00pm Teen Yoga Date TBA in February <small>(Adult Class Cancelled)</small>	6:00-7:15pm All Levels Jenna		

Pricing

- ☞ Drop In \$18.00
- ☞ Seniors (62+) & Students (18+) \$16.00- must present ID
- ☞ Mat Rental including mat wipe \$2.00
- ☞ Towel Rental \$1.00
- ☞ Large Waters \$1.75
- ☞ Mat Wipe \$1.25

Monthly Rates

- ☞ 1 Month Unlimited \$175.00
- ☞ 3 Months Unlimited \$450.00
- ☞ 12 Months Unlimited \$1500.00

Class Cards

- ☞ 5 Class Card \$80.00 Exp. 3 Month
- ☞ 10 Class Card \$150.00 Exp. 6 Months
- ☞ 20 Class Card \$280.00 Exp. 8 Months
- ☞ 50 Family Card \$625.00 Exp. 1 Year
- ☞ Seniors and Students receive a 10% discount on 5 and 10 class cards only.

Events

- ☞ Group & Corporate Events - please inquire for pricing
- ☞ Birthday parties for any age - please inquire for pricing
- ☞ Private Sessions - please inquire for pricing

All rates are for in studio services. Off site locations will incur an additional fee at our discretion.

Store Hours

Before and after classes.

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