


Doors open 15 minutes before any scheduled class – If any questions, please email [stretchstudioharrison@gmail.com](mailto:stretchstudioharrison@gmail.com)

111-115 Frank E. Rodgers Blvd. South  
Suite 303, Harrison, NJ 07029

## Stretch Yoga Studio – March 2018

[www.stretchstudioj.com](http://www.stretchstudioj.com)  
Phone: (862) 229-2940

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>KEY:</b> <ul style="list-style-type: none"> <li>▪ <b>HY</b> – Hatha Yoga</li> <li>▪ <b>HYEP</b> – Hatha Yoga English / Portuguese</li> <li>▪ <b>IHYM</b> – Integral Hatha Yoga Meditation</li> <li>▪ <b>REST</b> – Restorative Yoga</li> <li>▪ <b>CYEP</b> – Chair Yoga English &amp; Portuguese</li> <li>▪ <b>GY</b> – Gentle Yoga Relaxation Meditation</li> <li>▪ <b>OLV</b> – Open Level Vinyasa</li> <li>▪ <b>OLCV</b> – Open Level Core Vinyasa</li> <li>▪ <b>SNF</b> – Stretch &amp; Flow</li> <li>▪ <b>FNF</b> – Friday Night Flow</li> <li>▪ <b>ES</b> – English and Spanish</li> <li>▪ <b>PILATES</b> – Core Workout</li> </ul>					<b>*Yoga Nidra:</b> A minimum of <b>FOUR</b> students is required or class subject to cancellation.
To register for classes visit our website <a href="http://www.stretchstudioj.com">www.stretchstudioj.com</a> or go to: <a href="http://clients.mindbodyonline.com">clients.mindbodyonline.com</a> – search for Stretch Studio & Café Access available via your Smart Phone – Schedule Subject to Change, Call/Check Site Email Us at: <a href="mailto:stretchstudioharrison@gmail.com">stretchstudioharrison@gmail.com</a>		<b>MARCH PRICING:</b> <ul style="list-style-type: none"> <li>• Drop-in: \$15</li> <li>• 1 Month Unlimited \$45 (recurring credit card)</li> <li>• 5 Classes for \$60 = \$12 per class</li> </ul>	<ul style="list-style-type: none"> <li>• 10 Classes for \$100 = \$10 per class</li> <li>• Buy One \$100 package – Get One 50% off (Great for 2)                First Class FREE for new students</li> </ul>	<b>1</b> 7:00 pm – SNF Sonya	<b>2</b> 10:00 am – HY Autumn 7:30 pm – FNF Sarah	<b>3</b> 11:00 am – Pilates Autumn 12:00 pm – SNF Rebecca
<div style="background-color: orange; color: white; padding: 5px; display: inline-block; border-radius: 10px;">CLASS DESCRIPTIONS ON NEXT PAGE</div>						
<b>4</b> 2:00 pm – REST Rebecca	<b>5</b> 7:30 pm – HY/OLV Sarah	<b>6</b> 7:00 pm – GY Sonya	<b>7</b> 6:30 pm – OLV 8:00 pm – Yoga Nidra* Both classes - Julia	<b>8</b> 7:00 pm – SNF Christina	<b>9</b> 10:00 am – HY Autumn 7:30 pm – FNF Sarah	<b>10</b> 11:00 am – Pilates Autumn 12:00 pm – OLV Julia
<div style="background-color: lightblue; border: 1px solid blue; padding: 5px; display: inline-block; border-radius: 10px;">First Class Free for New Students for March! New Pricing Structure for April – First Class \$15, Second One Free</div>						
<b>11</b> 2:00 pm – REST 3:45 pm – Beginner Meditation Sonya	<b>12</b> 7:30 pm – HY/OLV Sarah	<b>13</b> 7:00 pm – GY Rebecca	<b>14</b> 6:30 pm – OLV 8:00 pm – Yoga Nidra* Both classes - Julia	<b>15</b> 7:00 pm – SNF Rebecca	<b>16</b> 10:00 am – HY Autumn 7:30 pm – FNF Sarah	<b>17</b> 11:00 am – Pilates Autumn 12:00 pm – SNF Rebecca
<b>18</b> 2:00 pm – REST Rebecca	<b>19</b> 7:30 pm – HY/ OLV Sarah	<b>20</b> 7:00 pm – GY Juliana	<b>21</b> 6:30 pm – OLV 8:00 pm – Yoga Nidra* Both classes - Julia	<b>22</b> 7:00 pm – SNF Christina	<b>23</b> 10:00 am – HY Autumn 7:30 pm – FNF Sarah	<b>24</b> 9:30 am – Kids Yoga Christina 11:00 am – Pilates Autumn 12:00 pm – OLV Julia
<b>25</b> 2:00 pm – REST Rebecca	<b>26</b> 7:30 pm – HY/ OLV Sarah	<b>27</b> 7:00 pm – GY Juliana	<b>28</b> 6:30 pm – OLV 8:00 pm – Yoga Nidra* Both classes - Julia	<b>29</b> 7:00 pm – SNF Rebecca	<b>30</b> 10:00 am – HY Autumn 7:30 pm – FNF Sarah	<b>31</b> 9:30 am – Kids Yoga Christina 11:00 am – Pilates Autumn 12:00 pm – OLV Autumn
<b>Contact Stretch at</b> <a href="mailto:stretchstudioharrison@gmail.com">stretchstudioharrison@gmail.com</a> This is the best way to reach us!		<b>APRIL PRICING:</b> <ul style="list-style-type: none"> <li>• Drop-in: \$17</li> <li>• 1 Month Unlimited \$65 (must be on a recurring credit card)</li> </ul>	<ul style="list-style-type: none"> <li>• 5 Classes for \$80 = \$16 per class</li> <li>• 10 Classes for \$130 = \$13 per class</li> <li>• 20 Classes for \$220 = \$11 per class</li> </ul>	<b>Kids Yoga – Beginning March 24</b> 8 Week Session for ages 6-10 Pricing: \$120, Drop ins \$17 Conducted by Christina from Be, in the World Yoga Let your kids be themselves – and have some fun!		

## What is Yoga?

The term Yoga has been in use for thousands of years. As yoga becomes more widespread and diverse, a single definition is difficult to determine. A modern interpretation of the word means union, and is the practice of accessing and integrating all characteristics of our true nature – the body, mind, and spirit -- in the pursuit of inner harmony.

Many people think that yoga is just stretching; but while stretching certainly plays a role, Yoga creates a balance in the body through developing both strength and flexibility, in addition to enhancing mental well-being and overall wellness.

## In general, Yoga:

Improves mind/body connection, endorses a fit and healthy lifestyle, promotes an overall sense of well-being and encourages respect for oneself and others.

## Body:

- Develops a strong and flexible body
- Increases balance, body awareness and coordination
- Develops core strength, essential for good posture and correct physical alignment
- Reduces injuries and improves performance
- Improves digestion, circulation and elimination
- Strengthens the immune system
- Relaxes the body, promoting better sleep

## Mind:

- Calms and clears the mind, bringing us into the present moment
- Relieves tension and stress
- Increases concentration, focus and attention span
- Promotes thinking and memory
- Expands imagination and creativity
- Reduces stress and anxiety
- Improves ability to be less reactive; more mindful of thoughts, words and actions
- Balances energy (high or low)

## Spirit:

- Builds confidence and self-esteem
- Supports character development and emotional intelligence
- Enhances team skills and social interaction
- Develops discipline and self-control
- Supports individuality and self-expression
- Encourages social and environmental awareness and responsibility
- Inspires respect for self and others

# Yoga Descriptions

**Hatha Yoga** is the most widely practiced form of yoga in the world. Hatha Yoga uses postures (asanas) and conscious breathing (Pranayama) in combination with mental focus to develop awareness, strength, flexibility and relaxation. A Hatha Yoga class is a slow-paced stretching class with some simple breathing exercises with no flow between poses. This is a good place to learn beginners' poses, breathing and relaxation techniques and become comfortable with yoga.

**Vinyasa Yoga** is a series of poses that will move you through the power of inhaling and exhaling. Vinyasa means "breath-synchronized movement" and these movements are smoothly flowing and almost dance-like, which explains why it is sometimes referred to as Vinyasa Flow or just Flow.

**Core Strength Vinyasa** Yoga is a dynamic practice which focuses on accessing and activating the core during yoga poses. It goes beyond the core in a purely physical sense by also working on the energetic core of the pose. Core Strength Vinyasa yoga concentrates not just on abdominal work but on the physical, mental, emotional, spiritual and energetic "core" of yoga poses. Specific poses and sequences are designed to help students access and understand their core which improves alignment and stability as well as connecting the mind and body.

**Gentle Yoga** is a class appropriate for all levels, for those that want to take it slow or who have physical limitations. Classes focus on releasing tension, connecting the breath and working the joints. The class works at a slow pace and stretches all areas of the body and may use props to allow the body to achieve each position comfortably.

**Restorative Yoga** is also a class appropriate for all levels, for those that want to take it slow or who have physical limitations. It is designed to restore the nervous system and help release deeply held tensions from the body and mind. Props and blankets are used to support the passive, lengthier postures to gently stretch and strengthen the body while creating the foundation to "let go". Restorative Yoga helps kick in the body's relaxation response, so let gravity take over and engage your parasympathetic nervous system to reduce stress and heal.

**Chair Yoga** is one of the gentlest forms of yoga that is practiced sitting in a chair or standing using a chair for support. The poses are often adaptations of Hatha Yoga poses modified to meet the needs of the student. Regardless of your age, level of activity and physical challenge, Chair Yoga offers you the ability to improve your health through an amazing form of adaptive exercise.

**Yoga Nidra** means Yogic Sleep. It is a state of conscious Deep Sleep. In meditation, you *remain* in the waking state of consciousness, and gently focus the mind, while allowing thought patterns, emotions, sensations and images to arise and go on. However, in Yoga Nidra, you *leave* the waking state, go *past* the dreaming state, and go to deep sleep, yet remain awake. Yoga Nidra brings an incredible calmness, quietness and clarity. Yoga Nidra is one of the deepest of all meditations, leading awareness through many levels of mental process to a state of supreme stillness and insight.



Find us on...  
**Facebook:** Stretch Studio & Café  
**Twitter:** StretchHarrison  
**Instagram:** Stretch Studio



**Stretch Studio**  
111-115 Frank E. Rodgers Blvd. So.  
Harrison, NJ 07029  
862-229-2940  
[www.stretchstudioj.com](http://www.stretchstudioj.com)