

# NEWS FROM THE WOODS

*Relax. You deserve it.*

## Come, explore The Woods this season

With new class times, styles, and teachers, you're sure to discover something that will awaken your body and ignite your spirit. Whether you're new to yoga or new to The Woods, we invite you to join us at any of these upcoming events.

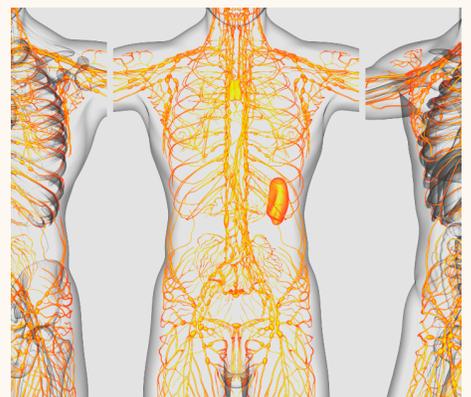
### UPCOMING EVENTS



**MY FIRST  
YOGA CLASS**  
sat | dec 10 | 1230pm



**GONG BATH**  
sun | dec 18 | 6pm



**LYMPHATIC YOGA**  
mon | dec 26 | 12pm

## Holiday Card Drive

DELIVERING CHEER TO SENIORS

This holiday season, we're collecting cards that will be delivered to residents of The Holiday nursing home in Manville. Cards are available at the studio, or you can use your own (homemade cards are welcome)! Drop off your completed cards (in unsealed envelopes) at the studio by Sunday, December 18th and we will ensure they are delivered and distributed to residents at The Holiday.



## new classes:

monday 730am

POWER(FUL) VINYASA

tuesday 5pm

POWER(FUL) VINYASA

thursday 5pm

STRENGTHEN + LENGTHEN

saturday 2 or 4pm

YTT GRAD SERIES

\$5 community class

sunday 5pm

SLOW + STRETCHY

\$12 community class

Not sure how to  
get started?  
Book a private  
tour of our  
facility.



## Power(ful) Vinyasa

Simple, straightforward and athletic, not as hot as a traditional power yoga class. If you've taken any of our vinyasa classes, you can do power(ful) vinyasa! A full body workout that is without a doubt, accessible to beginners.



## COMMUNITY CLASSES

Classes are taught by graduates of The Woods teacher training program with discounted drop-in rates. All class passes and memberships are accepted.

STRENGTHEN +  
LENGTHEN

*Creative and intelligent sequencing that blends movement with stillness and conscious breathing. Classes are athletic yet approachable and adjustable for all levels.*





## shop small

our shop is stocked with gifts and gear for holiday gifting. we have candles, soaps, jewelry, mugs, books, yoga mats + bags, bolsters, meditation cushions and more! yearly + monthly autopay members save 10% on gear + apparel.



BUY A BOOK, RECEIVE A MALA NECKLACE  
(VALUE: \$18-24)

### GIFT WITH PURCHASE

limited time offer, while supplies last



**Gift  
Certificates  
Available**

# 2 weeks \$49

FOR NEW + EXISTING CLIENTS  
if you've never taken advantage of  
this deal, you are still eligible!

## PRIVATE SESSIONS

Schedule a private session with our best kept secret, Anthony DiLuglio! Considered one of America's top trainers, Anthony is known for his unique approach to fitness, and now yoga! Anthony has created award-winning fitness equipment, a successful gym franchise, and works with a wide range of clients including athletes and strength coaches from the NFL, MLB, NBA, NHL, and PBR. He has trained Hollywood celebrities, people rehabbing from illness and injury, fitness enthusiasts, and fellow cancer survivors. These days, he teaches yoga and kettlebells right here at The Woods! YOU deserve to work with the best! Let us help meet your unique needs with these services:

- Strength Training
- Yoga Instruction
- Nutrition + Lifestyle Counseling

Contact us to schedule.

# mindful movement for kids

COMING SOON  
SAT | DEC 31 | 1230

## NEW WEBSITE LAUNCHING SOON!