



2022 SPRING SCHEDULE

www.thewoodsyoga.com

MONDAY

930 YinYasa
 430 Vinyasa Flow
 6 Vinyasa Flow
 730 Gentle + Meditation

TUESDAY

6 Vinyasa Flow
 930 Vinyasa Flow
 11 Kettlebell Cardio
 6 YinYasa
 730 Slow + Stretchy

WEDNESDAY

730 Vinyasa Flow
 930 YinYasa
 11 Yoga For Seniors 55+
 FREE by Shri Yoga
 430 Vinyasa Flow
 6 Vinyasa Flow
 730 Yin

THURSDAY

6 Vinyasa Flow
 930 Vinyasa Flow
 11 Kettlebell Cardio
 430 Kettlebell Cardio
 6 YinYasa
 730 Slow + Stretchy

FRIDAY

730 Vinyasa Flow
 930 Vinyasa Flow
 430 Yin

SATURDAY

8 Vinyasa Flow
 930 Vinyasa Flow
 11 Kettlebell Cardio

SUNDAY

8 Vinyasa Flow
 930 Sunday Over Easy
 6 Slow + Stretchy

INFO

1525 Old Louisquisset Pike
 Lincoln, RI 02865
 (401) 722-0099

schedule subject to change

pre-registration is required

room is heated to 85 degrees

bring your own mat

yoga for complete beginners and
 beginner series offered quarterly

RATES

\$49 Intro Offer (2 weeks)
 \$99 Monthly Unlimited
 \$149 Ten Class Pass
 \$18 Single Class Drop-In

*prices subject to change
 rate increase scheduled Q2 2022*



CLASS DESCRIPTIONS

www.thewoodsyoga.com

SLOW + STRETCHY

A great option for anyone looking for less flow, and more stretch. Expect to move in this class, but the movement is not complicated and is always accessible.

YIN

Poses are performed close to the earth, for upwards of three minutes per pose. Yin yoga works along the body's meridian lines to massage and nurture the body's fascia, bones, and ligaments.

GENTLE + GUIDED MEDITATION

Slow paced movements end extended period of relaxation with guided meditation. Practices will be oriented towards rest and relaxation, as we let go of the day and transition towards sleep.

SUNDAY OVER EASY

Our signature class! An energetic vinyasa yoga class that winds down with gentle, restorative stretches, and guided meditations. It is always an experience!

YINYASA

An interwoven experience of dynamic movements and static holds.

KETTLEBELL CARDIO

Brought to you by Anthony DiLuglio, one of America's top trainers, Kettlebell Cardio embodies the timeless concepts of physical culture: how to train for maximum functional strength, how to make the body more durable, more resilient, and less prone to injury.

VINYASA FLOW

A moderately vigorous class where fluid movements are connected through breath.

YOGA FOR SENIORS

This is an "on the mat" class designed to help reduce stress, improve focus, build strength, and increase flexibility. This class is offered in partnership with Shri, an urban outreach yoga organization based in Pawtucket, and is funded by Shri Service Corps. a 501(c)3 non-profit organization. Class is FREE for seniors 55+.