



OUTSIDE YOGA CLASSES AT THE HOLYOKE BOATHOUSE ALL ARE WELCOME!

Come join us for Yoga classes on the deck of the Holyoke Boathouse. Practice Yoga outside with the warmth of the sun, the breeze of the air and the beauty of overlooking the CT river with the comfort of the deck and the roof overhead!

Janet ("J") Vecchia, is a Certified Yoga Teacher & has been teaching yoga & meditation since March 2004. She is also a 500 hour Experienced Registered Yoga Teacher ("E-RYT500") with the national Yoga Alliance. J has completed over 1,500 hours of teacher trainings in yoga, meditation & pranayama (breath practices). In addition, J has taken several weeks of teacher trainings in yoga therapeutics to serve students with injuries and who suffer with pain. Her intention is to have class be: an opportunity for students to come home to the power of Spirit, enjoy a physical practice to enhance strength and resiliency, thoughtful teachings to inspire and examine life, a sprinkling of humor, and to encourage all to leave class feeling grateful and open to all the possibilities of life!



(View the back for schedule and pricing!)

**Holyoke Boathouse, Jones Ferry, 25 Jones Ferry Rd.,
Holyoke, MA 01040
Jones Ferry Road off of Main Street in Holyoke, MA**



Class price:

drop in rate: \$20.00 per class
monthly payment: one class per week-
\$18.00, two classes per week-\$15.50 per
class.

New & experienced students WELCOME!



Our 2015 class schedule is:

Monday: 6:30pm-8pm, Intermediate Class-one year of yoga practice experience

Wednesday: 6:00pm-7:30pm, All Levels Welcome

Thursday: 6:00pm-7:30pm, Restorative (Gentle Yoga) & Meditation

Saturday: 9:30am-11:00am, All Levels Welcome

**Call J at (413) 313-5769 or e-mail at: j@massagetherapyyoga.com
to reserve your space!**

**Ingleside Therapeutic Massage & Yoga
415 Ingleside Street (Rt. 5)
Holyoke, MA 01040, www.massagetherapyyoga.com**