



**Practice Yoga outside at the
Holyoke Boathouse
25 Jones Ferry Rd., Holyoke, MA**

with
the warmth of the sun,
breeze of the air,
beauty of overlooking the CT river and
comfort of deck and roof overhead.

All are Welcome!

(“J”) Vecchia, is a
Certified Yoga and Meditation Teacher &
has been teaching yoga & meditation
since 2004.



J's intentions are:
to guide students to remember their
sacredness and grow in spiritual awareness;
come home to the goodness, joy and peace of
their hearts;
enjoy a physical practice to enhance strength,
resiliency and spaciousness;
offer thoughtful teachings to inspire and
examine life; and
to encourage all to practice gratitude,
openness and acceptance for all the
possibilities of life!



Class Prices:
Special for New Students
5 classes for \$100.00

Drop-in rate: \$25.00 per class;
5-class pack: \$110. (one class per wk.-\$22.00);
10-class pack: \$190.00 (two classes per wk.-
(\$19.00 per class))

New & experienced Students WELCOME

Our 2025 Class Schedule:

Monday: 6:00pm-7:30pm, All Levels Welcome;
Wednesday: 6:00pm-7:30pm, All Levels Welcome;
Thursday: 6:00pm-7:30pm, Restorative
(Gentle Yoga) & Meditation;
Saturday: 9:00am-10:30am, All Levels Welcome

Text/call J at (413) 313-5769 or e-mail at:
jmassagetherapyyoga@gmail.com
to reserve your space!

Ingleside Therapeutic Massage & Yoga
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