



Class Descriptions

By order of difficulty

Chair Yoga - Practice gentle yoga poses with the assistance of a chair. Relieve pain and enhance your breath while becoming stronger, flexible and more balanced.

Restorative Yoga - This Yin inspired practice includes a gentle moving warm up and longer holds in postures usually resting on props. You will ease tension, find freedom, and create space in the body and in the mind. Soft music and relaxing oils will be used during this class.

Gentle Yoga – Slower-paced postures are accessible to beginners, those with back, joint, heart or other health issues, or to students who want a less strenuous class. Accommodations are made with multiple props. Relieve stress, improve flexibility and balance, and decrease pain.

Moderate Yoga – Be guided through gentle stretching poses that will lubricate joints, increase flexibility, and strengthen your core. Move gracefully learning how to relax your body and mind.

Gentle Flow Yoga - This all levels class combines the ease of gentle yoga with the meditation from a flowing practice. Move combining the wave of breath & the grace of the body.

Flow Yoga - This class focuses on linking breath and movement. The body and mind are strengthened and made more flexible through a series of sun salutations as the foundation. All levels welcome.

Reiki healing available by appointment.
\$70 for an hour.

Mondays	
9:00 - 10:15 am	Chair Yoga-Ellen
10:30 - 11:45 am	Gentle Yoga-Ellen
6:15 - 7:30 pm	Flow Yoga-Lauren
Tuesdays	
9:00 - 10:15 am	Gentle Flow Yoga-Jane
10:30 - 11:45 am	Restorative Yoga -Becky
4:00 - 5:00 pm June 23-July 28	Gentle Flow Yoga Six Week Series-Kirsten
**6:00 - 7:15 pm	Flow Yoga-Peter
**7:30 - 8:45 pm	Gentle Flow Yoga-Lauren
Wednesdays	
8:00 - 9:15 am	Flow Yoga-Kirsten
9:30 - 10:45 am	Gentle Yoga-Ellen
6:00 - 7:15 pm	Gentle Flow Yoga-Gabbie
7:30 - 8:30 pm	Flow Yoga-Gabbie
Thursdays	
9:00 - 10:15 am	Gentle Flow Yoga-Jane
10:30 - 11:45 am	Gentle Yoga-Kirsten
4:00 - 5:00 pm June 25-July 30	Gentle Flow Yoga Six Week Series-Kirsten
5:30-6:45 pm	Gentle Yoga-Becky
**7:00 - 8:15 pm	Moderate Yoga-Becky
Fridays	
8:00 - 9:15 am	Flow Yoga-Kirsten
9:30 - 10:45 am	Gentle Yoga - Becky
4:30 - 5:45 pm	Gentle Flow Yoga-Kirsten
Saturdays	
9:00 - 10:15 am	Gentle Flow Yoga-Jane
**10:30-11:45 am	Moderate Yoga-Becky
Sundays	
9:30 - 10:45 am	Flow Yoga-Kirsten
11:00 - 12:15 pm	Gentle Flow Yoga-Kirsten
5:00 - 6:15 pm	Restorative Yoga-Gabbie

Class Prices

Yoga Single Class \$15

High School/College Students-Single Yoga Class \$10

Yoga Ten Class Card \$120

4 month expiration

Yoga Five Class Card \$65

3 month expiration

Monthly Unlimited Classes \$100

purchase anytime of the month

Purchase 3 months unlimited - \$240

(Cash or Checks Only for 3 months purchase)

**By Donation Classes or Class Card

Tuesdays 6:00 & 7:30 pm

Thursdays 7:00 pm & Saturdays 10:30 am

Please bring a monetary donation.

Gentle Flow Yoga Six Week Series-Kirsten

Tuesday, June 23rd to July 28th

or Thursday June 25th to July 30th

Thai Yoga Massage with Malia

Receive healing from head to toe through passive compressions and stretches. The receiver is fully clothed while the giver offers gentle elongation and movement of the entire body.

75 minutes for \$75 By appointment.

Natal Astrology by Kirsten

Gain a greater understanding of your soul's journey in this lifetime through the language of your natal chart and current transits.
Chart Interpretations by appointment \$80

Hanu Yoga Studio

696 E. Bay Ave. 2nd floor

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(732) 552-6178



Special Events

Yoga at the Barnegat Bay Beach

In July and August 8 am -9:15 am
9 Saturdays and 9 Mondays with Becky
Each 9 week session is \$108.
Please sign up with Barnegat Recreation.
Single Drop in is \$15. Checks only made
payable to Barnegat Recreation.

Full Moon Yoga at the Barnegat Bay Beach with Kirsten

Friday, July 31st 7:30-8:45 pm and
Saturday, August 29th 7-8:15 pm
Single Drop in is \$15. Checks only made
payable to Barnegat Recreation.
Registration forms available at the studio.

Mommy and Me Yoga

with Kirsten

Ages infant to 5 years old
Fridays 11:45-12:45 pm
Six week series July 17th-August 21st \$60
Please preregister by July 15th

Crystal Bowl Meditation and Healing by Faye

Saturday, July 11th-6:00-7:30 pm

Crystal bowl sound is a form of vibrational
medicine. Join us as we merge into light,
sound and ascension toward higher vibra-
tions and consciousness.

Preregistration is suggested.
\$20 prepay or \$25 day of event

Special Events

Sunset Stand Up Paddleboard Yoga at the Lacey Lake with Kirsten

Bring you practice to the tranquility of the
water and sunset. Fridays 6:30-7:30 PM
July 10, 17, 24 & 31 and August 7 & 14
\$30 includes lesson, tranquility and board
Reservations required.

Shamanic Drum Circle

with Jeanne Harpster

Monday, September 21st 7:45-8:45 pm
\$10-Reservations required

Please join us for an exploration of the Sha-
manic Path to healing and spiritual
growth. As the Medicine Wheel turns to the
West (Fall) lodge, we will drum and journey
with its' introspective energy You will be in-
troduced to the power animal associated
with the west. Our intention is to create a
sacred space, in which you can listen to the
guidance of your inner voice, as we learn to
journey to the landscape of your soul, using
the sound of the drum. Come with your
drum or rattle (if you have one, we will have
some too), and an open heart.

Message Circle

with Rev. Betty Anna

Saturday, September 26th
1:00-3:00 or 3:30-5:30 \$45

Connect with the realm of the spirit. In a circle
we will listen to messages received by Medium
Betty Anna. Everyone will receive a message(s). A
question and answer period will follow.

July



Yoga classes for everybody.



Beginners are welcome!

Become stronger and more
flexible in body, mind &
spirit.

Call/text: (732) 552-6178
or email Kirsten@hanuyoga.com