



663 Centre Street
 Jamaica Plain, MA 02130
 617.522.4411
 www.blissfulmonkey.com

Class rates:

- drop-in **\$15** (unless noted)
- Student drop-in **\$12** (must show valid ID)

- 10 class card (no expiration) **\$140**
- 30 day Unlimited class card **\$110**
- 60 day Unlimited class card **\$195**
- 90 day Unlimited class card **\$285**

fall/winter 2011

monday	tuesday	wednesday	thursday	friday	saturday	sunday
9-10:30 Mixed Levels Vinyasa Bec	9-10 Kindermusik 18 m-3.5 yrs		9-10 Kindermusik Newborn-18 m		9-10:30 Mixed Levels Sara	9-10:30 Sunday Morning Flow Beth
	10-11 Kindermusik 18 m-3.5 yrs	10:15-11:30 Mom & Baby Yoga Bec	10-11 Kindermusik 18 m-3.5 yrs	10:30-11:30 Chair Yoga Kerry	11-12:30 Saturday Slow Yoga Karen	
	12-1 Lunchtime Yoga \$10 Jules	12-1 Lunchtime Yoga \$10 Beth	12-1 Lunchtime Yoga \$10 Sara	12-1 Lunchtime Yoga \$10 Kerry		
1:30-4:30 Chair Massage*	1:30-2:30 Kindermusik Newborn-18 m			1:30-4:30 Chair Massage*	4-5:30 Mixed Levels Nicole	
5:45-7:15 Mixed Levels Sara	5:45-7:15 Gentle Yoga for Beginners Bec	6-7:15 Prenatal Yoga Bec	5:45-7:15 Beginner's Iyengar Style Nadja			5-6:30 Mixed Levels Terri
7:30-9 Restorative Yoga Sara	7:30-9 Vinyasa Terri	7:30-9 Prana Vinyasa Nina	7:30-9 Vinyasa Terri	6:30-8 Yin/Yang Flow Nicole		

*For information, call Beth at 857.719.7768.
 Complete class descriptions available online.