

THE CAMEL CLUBHOUSE

Yoga4Sobriety Studio & Training Center

117 West Ward Street Second Floor | Hightstown NJ 08520

FALL 2019 | SEPTEMBER - DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						7 All Level
		10 All Level 11:15 - 12 All Recovery Meeting				8:30 All Level
	5:30 All Level	5:30 Chair	5:30 All Level	5:30 Spiritual Study	5:45 Moving Meditation	
	7 - 8:15 Intermediate	7:00 WORKSHOPS	7:00 Teens	7:00 Serene Salutations		

All yoga classes are chakra focused and Twelve Step themed

- **All Level** - This class consists of seated, kneeling and standing postures. We will focus on stretching, strengthening, breathwork, and meditation. Modifications will be given to allow postures to be accessible on multiple levels.
- **Intermediate** - This class consists of seated, kneeling and standing postures. We will focus on stretching, strengthening, breathwork, and meditation. Includes longer holds, deeper breathwork, and additional options in poses. It is strongly suggested that you have a solid foundation in your yoga practice and recovery for this class.
- **Chair** - All postures are done seated in the chair or standing and holding onto the chair.
- **Teens** - Ages 13 - 17 Yoga to support teens sponsored by I.C.A.R.E. of East Windsor-Hightstown
- **Spiritual Study** - A study of The Tibetan Art of Positive Thinking by Christopher Hansard (FREE WITH CLASS PASS)
- **Serene Salutations** - This class will begin with slow sun salutations and move into a charka balancing practice. Perfect for those who need to work out some energy before settling into held poses.
- **Moving Meditation / Tai Chi Chih** - Deepen your Step Eleven practice in this gentle practice accessible regardless of age, experience, or physical ability
- **All Recovery Meeting** - A Twelve Step focused meeting open to everyone and all programs of recovery
- **Workshops** - These sessions will be listed at www.yoga4sobriety.com/events. Prices vary.

Class Rates - Includes classes on schedule only. Workshops and specialty classes sold separately.

Under 18 FREE	Happy Joyous & Free \$10 Drop-In	Rooted In Recovery \$24 - 3 Classes In 3 Weeks	Trust God Clean House \$42 - 7 Classes In 7 Weeks	Twelve IN Twelve \$60 - 12 Classes In 12 Weeks	Moving Meditation Drop-In \$12	Moving Meditation \$60 - 6 Classes In 6 Weeks
------------------	-------------------------------------	--	---	--	--------------------------------------	---