

THE CAMEL CLUBHOUSE

Yoga4Sobriety Studio & Training Center

117 West Ward Street Second Floor | Hightstown NJ 08520

WINTER 2020 | JANUARY - APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						7:00 AM Heated All Level
						8:30 AM All Level
Workshops	5:30 PM All Level	5:30 PM Drop the Rock	5:30 PM All Level	5:30 PM Yoga4Teens	5:45 PM Moving Meditation	Workshops
	7 - 8:15 PM Intermediate	7:00 PM Heated All Level	7:00 PM Meditation4Sobriety	7:00 PM All Level		

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.
- **Heated All Level** - Come in and warm up! An All Level Yoga4Sobriety class done with the thermostat set to 80°.
- **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.
- **Drop the Rock** - A group study of Drop the Rock: Removing Character Defects - Steps Six and Seven
- **Meditation4Sobriety** - This session includes education on the chakra and the steps, a chakra step focused meditation and journaling. Yoga class rates apply.
- **Teens** - Ages 13 - 17 Yoga to support teens sponsored by I.C.A.R.E. of East Windsor-Hightstown
- **Moving Meditation / Tai Chi Chih** - Deepen your Step Eleven practice in this gentle practice accessible regardless of age, experience, or physical ability
- **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	Drop the Rock \$5.00 Drop-In or free with class pass	Happy Joyous & Free \$10.00 Drop-In	Rooted In Recovery \$24.00 3 Classes In 3 Weeks	Trust God Clean House \$42.00 7 Classes In 7 Weeks	Twelve IN Twelve \$60.00 12 Classes In 12 Weeks	Moving Meditation \$12.00 Drop-In	Moving Meditation \$60.00 6 Classes In 6 Weeks
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