

Queens Men's Yoga

Taught by:

Adam Rudich of HigherPose LLC

Certified 200 RYT and member of Yoga Alliance

Time and Location:

Weekly **Monday** evening sessions

Starting February 3rd, 2020

8:00 pm - 9:00 pm

Held at the Queens Jewish Center

(66-05 108th Street, Forest Hills, NY11375)

Payment can be made via check made out to HigherPose LLC, Venmo, PayPal or cash. No credit cards accepted.

Class Structure:

Warmup: General / Stretching

Warmup: Yoga flows A, B or other variation

Standing Sequence(s)

Backbends, Core Strengthening and / or

Inversions

Seated poses and cool down

Final resting pose

Requirements:

1. Class begins promptly at 8:00 pm
2. Dress in gym attire
3. Must bring your own yoga mat (yoga blocks and straps will be provided if needed)
4. No cell phone usage during class
5. Minimal side conversations
6. Signed waiver required prior to class participation (one time only)

Pricing:

Individual Session: \$18 per class

For further information or questions contact Adam at higherpose@gmail.com or (917) 692-8074.

Package Options:

5 class package: \$75 (\$15 per class)

2 mo. expiry

10 class package \$125 (\$12.50 per class)

4 mo. expiry

All packages must be purchased prior to the start of your first class.

