



## Vinyasa Yoga and Aqua Yoga Classes

phone ~ 207-200-8646

email ~ [info@practiceyoga.com](mailto:info@practiceyoga.com)

web ~ [practiceyoga.com](http://practiceyoga.com)



### PRICES ~

Single Class = \$15

5 Classes = \$60

10 Classes = \$100

Unlimited SUMMER Pass;

All classes, all locations = \$220

### LOCATIONS:

**Ogunquit Beach**-On the entrance to Main Beach- Park in the Main Lot (free) until 8:40AM - NO CLASS IF IT'S RAINING

**Compass Rose Yoga**-211 Main Street, 2nd floor-Parking at the town lot by the Gulf Station (free-put schedule in windshield)

**Ogunquit Resort Motel**-719 Main Street, Park in the hotel parking lot, NO CLASS IF IT'S RAINING

**Continual Fitness**-1517 Post Road, Wells-Parking in main lot

**Nonantum** - 95 Ocean St. K'Port-Park in overflow lot (across street) NO CLASS IF IT'S RAINING

### CLASS DESCRIPTIONS :

**Vinyasa** ~ Literally means "flowing with breath", this class will include advanced poses for students who want to go deeper in their practice, with modifications for beginners. **Aqua Yoga** ~ A combination of Yoga and Water Aerobics; this high-energy, low impact class is good for everyone who wants to stay in shape this summer.