

Fit To Bee Tied Yoga



One Path, Many Teachers

*The inner journey is not a walk in the park.
It is an arduous journey.
You must leave your comfort zone,
your beliefs and face yourself.*

2017 Spring Therapies

Thai Massage
1 Hour \$70

Thai Massage with Reiki Boost
90 Minutes \$90

Reiki Session
1 Hour \$60

Cranio Sacral
1 Hour \$60

Yoga Personal Training
1 Hour \$20

Visit us at:
www.fittobetiedyoga.com

578 Main Street
Cobleskill, NY 12043

(Above Impress T-Shirts)

(607) 282-0275

Fit To Be Tied Yoga 2017 Spring Schedule

Monday

8:00-9:00 am	Mixed Styles	Tiffany
10:00-11:00 am	Gentle with meditation	Colleen
12:30-1:30 pm	Ashtanga (call first)	Bonnie
5:30-6:30 pm	Ashtanga (call first)	Bonnie

Tuesday

5:15-6:15 pm	Gentle with meditation	Janet
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Wednesday

8:00-9:00 am	Hip Openers	Tiffany
10:00-11:00 am	Gentle with meditation	Colleen
5:30-6:30 pm	Ashtanga (call first)	Bonnie

Thursday

5:15-6:15 pm	Gentle with meditation	Janet
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Friday

8:00-9:15 am	Yin Yoga	Nancy/Kevin
10:00-11:00 am	Gentle with meditation	Colleen
5:30-6:30 pm	Ashtanga (call first)	Bonnie

Saturday

9:00-10:30 am	Mysore	Sarah/Renee
10:45-11:45 am	Gentle with meditation	Janet/Kevin
3:30-4:30 pm	Aerial Yoga -\$15* (call first)	Bonnie

Sunday

9:30-11:00 am	Yin Yoga -\$15*	Kevin/Janet
11:00-11:30 am	Meditation - Free	Kevin/Janet

ASK ABOUT OUR KID'S YOGA CLASSES

All classes are **pre-register** by contacting
your specific teacher at least a day ahead.

Call/Text/Email to register for each class

Bonnie - 607-282-0275

Janet - W-518-234-4397 • H-518-234-1707

Tiffany - 518-810-1615

Nancy - vanbuy@nycap.rr.com

Kevin - unclebink5066@gmail.com

Colleen - 518-868-2706 - mcolleennixon@hotmail.com

Sarah - Text 518-859-2056 - Lyons.sarah.jean@gmail.com

Yoga Classes - \$12.00

10 Class Passes For \$100.00

Unless otherwise noted *

Follow Bonnie's other classes at
www.fittobetiedyoga.com