

Nydia's Yoga Therapy

Serenidad Studio

www.NydiasYogaTherapy.com

(210) 325-4443

2018 Yoga Class Schedule

Nydia's Yoga Therapy Class Passes are designed to be an easy and convenient way to attend yoga classes on your schedule. Pay cash/check for a multiple class pass at the studio and get **5% discount**. You can authorize automatic withdrawal from your bank account or use your credit card. There are no contracts. There are **no refunds for yoga class purchases**. Come to yoga class!!!

Please be aware that it will be important to pre-select the classes that you wish to attend in advance. We want to make sure that you have your spot in the Serenidad Studio. Class size is limited.

If you are new to NYT, you will need to contact Nydia via text or email. She may recommend that you schedule a Therapeutic Yoga Assessment to determine readiness and placement in the appropriate classes. You may be encouraged to attend the Gentle Therapeutic Yoga Classes to begin your journey back to wholeness at NYT.

Contact Nydia at 210.325.4443 for information and link to online booking site.



Yoga

Class Pass:

Drop In: \$30

5 Class: \$125

EXPIRES 6 months

10 Class: \$240

EXPIRES 6 months

20 Class: \$440

EXPIRES 1 year

30 Class: \$600

EXPIRES 1 year

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00-10:15am Progressive Therapeutic Yoga Nydia	9:00-10:15am Explorations in Empowering Therapeutic Yoga Nydia	9:00-10:15am Progressive Therapeutic Yoga Nydia	9:00-10:15am Explorations in Empowering Therapeutic Yoga Nydia	9:00-10:15am Progressive Therapeutic Yoga Nydia	
	10:45-12pm Empowering Therapeutic Yoga Ernest	10:45-11:45pm Gentle Therapeutic Yoga Nydia	10:45-12pm Empowering Therapeutic Yoga Ernest	10:45-11:45pm Gentle Therapeutic Yoga Nydia	10:45-12pm Empowering Therapeutic Yoga Ernest	

Contact Nydia via text: 210.325.4443

email: nydia@nydiasyogatherapy.com