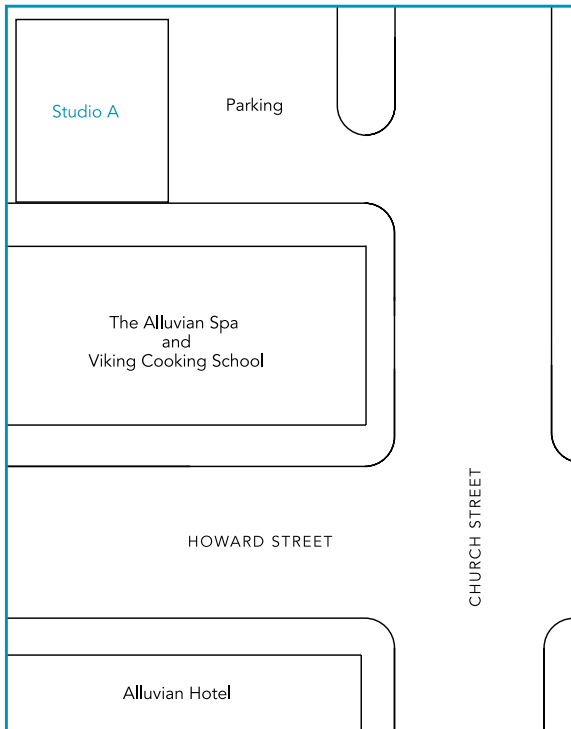
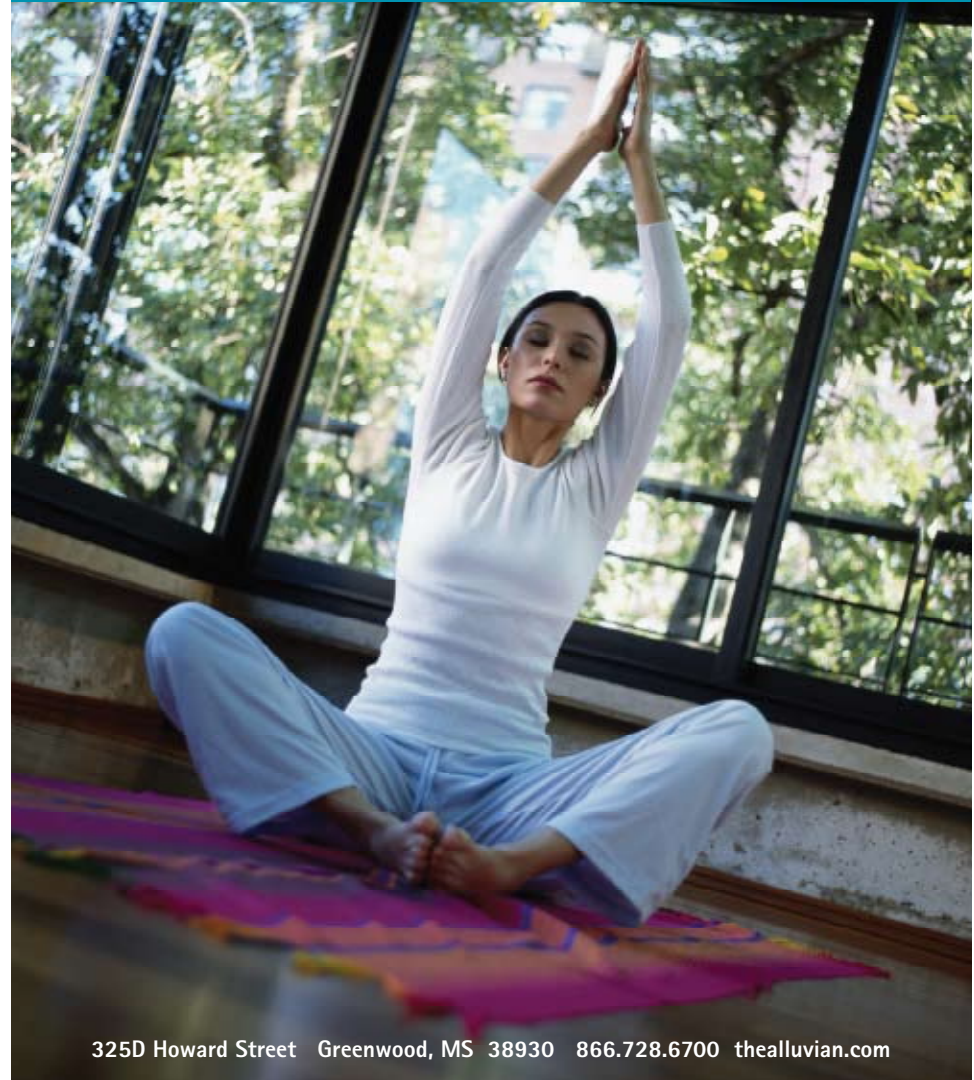


# M A P



325D Howard Street  
Greenwood, MS 38930  
866.728.6700  
thealluvian.com



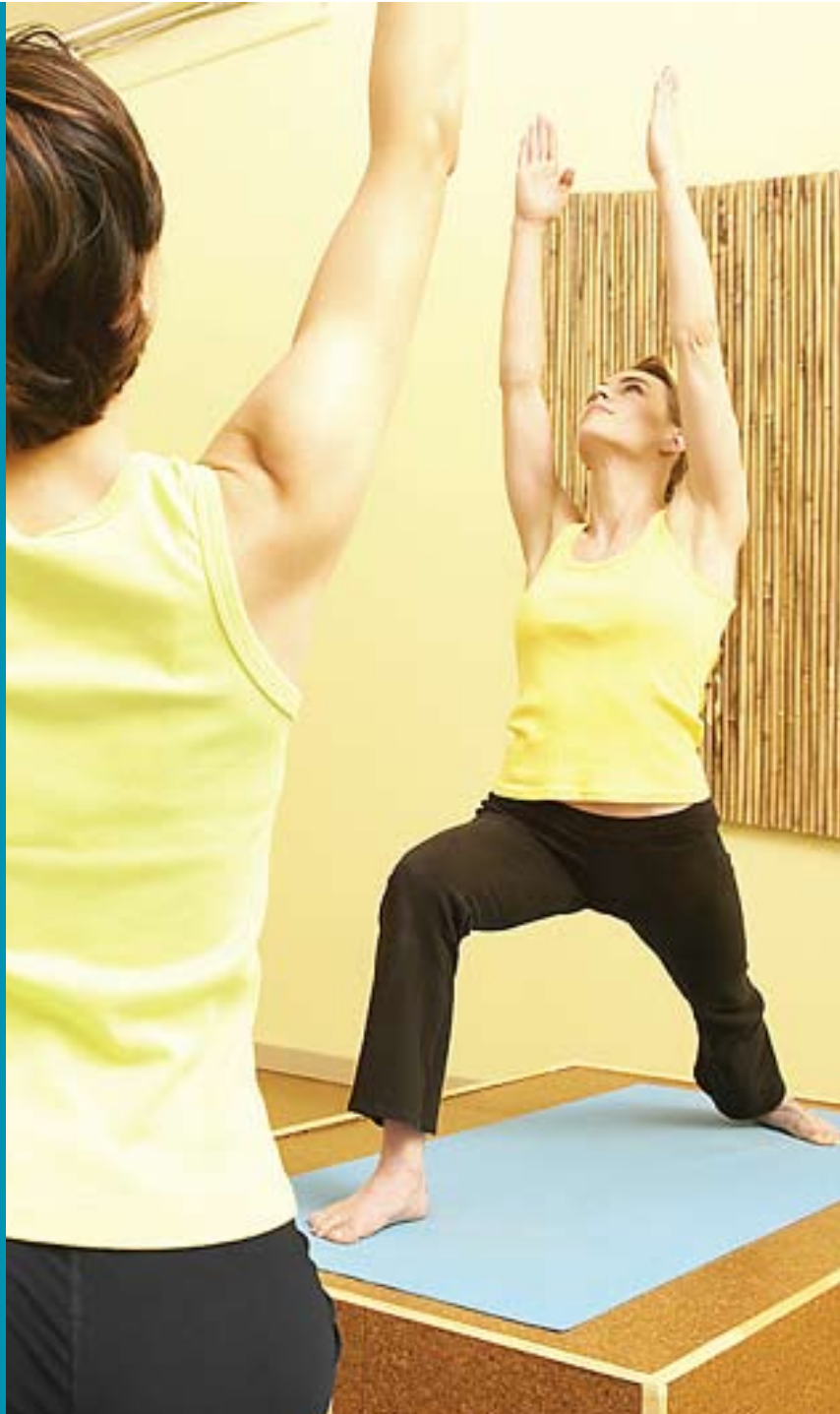
325D Howard Street Greenwood, MS 38930 866.728.6700 thealluvian.com

## STUDIO A

Get comfortable learning the basics of Yoga including breathing techniques, alignment, standing and seated poses, and stretching; or join us for our "Sculpt - Yoga and Pilates" class that combines both Hatha Yoga poses with body sculpting resistance techniques to develop a strong core. To schedule please call The Alluvian Spa at 662.451.6700

### PRICING

4 Classes	\$40 per month
8 Classes	\$70 per month
12 Classes	\$100 per month
Unlimited Classes	\$120 per month
Drop In Classes	\$15 per class



### GENTLE FLOW

75 minutes (beginners and continuing students)

Enjoy a practice of gentle flowing postures that will warm and open the body, encourage internal health, and quiet the mind. Link standing and seated postures with breath in this gentle practice. Postures can be modified for any level.

### VINYASA FLOW

75 minutes

(Prior yoga experienced necessary)

Cultivate overall stamina, strength, and flexibility while gaining focus and peace of mind. Learn to breathe and move using classical yoga poses to help heat the body to stretch comfortably and safely.

This fun, flowing class combines postures and sequences from various styles of yoga to give your body the breath work and movement it needs. With a dynamic flowing sequence of postures linking breath and movement, cultivate awareness while building core strength and flexibility.

### SCULPT-YOGA AND PILATES

60 minutes/75 minutes (All levels)

Sculpt combines standing and mat exercises using various body sculpting exercises and Pilates resistance techniques to develop a strong core (abs, back and hips), and long lean muscles with an emphasis on balance and flexibility.

### YOGA SCHEDULE

Tuesday	Pilates	6:00 pm
Wednesday	Vinyasa Flow	8:30 am
Thursday	Gentle Flow	6:00 pm
Friday	Vinyasa Flow	8:30 am