

Wantagh Yoga FALL 2024

(updated 9.19.24) Reach us via email: medwellyoga@gmail.com. Our main phone line (516) 755.5855 does not ring at the studio. 2855 Jerusalem Ave, Wantagh NY 11793 www.medwellspa.com Classes are 55 minutes long unless otherwise noted. Arrive no less than 10 minutes prior to class and observe proper yoga etiquette by removing your shoes, silencing your phones and whispering in the studio. Class assignments are subject to change at any time. Drop in \$30/class; On time monthly members in good standing have priority studio access at all times and in all classes. 10 class passes are available for purchase for \$200 and expire 6 months from date of redemption. Please bring your own mat and DO NOT ATTEND CLASS if you feel unwell. Text "MEDWELLVIP" to 844.987.4105 to join our text messaging system. Like us on Facebook "Medwellspa and Yoga Studio" Instagram @medwellspa and @medwellyoga. Enjoy your class, be kind- spread JOY. Be safe, have fun, be the light that you wish to see. Choose positivity and believe in the best of others; we encourage you to live as your highest and best self! Step into your authentic power and thrive 😊 Please act in a courteous manner and all times with your fellow yogis and our staff.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7am Ashtanga Yoga 45 minutes Ekata		7am Ashtanga Yoga 45 minutes Ekata			
	8am Gentle Yoga Ekaterina	8am Gentle Yoga Sea Gypsy	8am Open Level Ekaterina	8am Mat Pilates	8am Gentle Yoga Chrissy S.	8am Smooth Flow Nicholas
930am Yoga Fundamentals Tracey S.	930am Tai Chi Marilyn Sky	930am Vinyasa Marilyn Sky	930am Qi Gong Move, Meditate Marilyn Sky	930am Vinyasa Marilyn Sky	930am Vinyasa Sea Gypsy	930am Gentle Yoga Antonella
11am Restorative Tracey S.	11am Intermed. Yoga Marilyn Sky	11am Gentle Yoga Marilyn Sky	11am Restorative Yin Marilyn Sky	11am Gentle Yoga Marilyn Sky	11am Open Level Michelle	11am Vinyasa Michelle
	1230pm Express Barre 45 minutes Ekata		1230pm Express Pilates 45 minutes Ekata			
430pm Vinyasa Kara	430pm Hatha Kara	430pm Vinyasa Kim	430pm Open Level Megan		Yoga Teacher Training February 2025	Yoga Teacher Training February 2025
6pm Gentle Yoga Jackie	6pm Vinyasa with Core Chrissy S	6pm Yin Yoga Marilyn Sky	6pm Creative Vinyasa Flow Nicholas	Pop Up Classes Special Guests TBA		Monthly Womens' Circles Marilyn
730pm Hatha All Levels Grace	730pm Smooth Flow Nicholas	730pm Sanctuary Gentle Yoga Elisa	Special Events Master Classes Yoga Teacher Training 2025	Yoga Teacher Training Starts February 2025		

Please enter through the side door on Oakfield Avenue at the intersection of Jerusalem Avenue. You are welcome to email ahead to reserve your spot in class no more than 30 minutes ahead of time: medwellyoga@gmail.com. Admittance is otherwise on a first come, first served basis and at the discretion of the instructor and receptionist. Pay just \$37/month for up to 5 classes of your choice every 30 days, \$57/month for up to 10 classes of your choice every 30 days, or \$77/month for unlimited class access. **You may cancel at anytime but you must do so in writing via email to medwellyoga@gmail.com with 14 days advance notice of any billing cycle to process.** This is non-negotiable.

All participants must sign a waiver and adhere to proper yoga etiquette at all times; 18+ pls. **Late yogis in any time slot may not be granted entrance into the studio space. Ensure to arrive on time no less than 10 min before class start time out of respect for your own practice and that of others. Be respectful of our shared, sacred space. Wear proper yoga attire, please. Do not attempt to "cross over" other yogis' mats. If you have any concerns, please mindfully inform the instructor and/or receptionist. Improper etiquette will not be tolerated at any time, in any class or in any manner. Punch card holders are non members and enjoy discounted "drop in" access, only. There are no "free" passes unless approved in advance via RSVP in writing via email with subsequent email confirmation once approved.**