



Jenn van der Veen
yoga & wellness

Weekly Yoga Schedule



Boys & Girls Club of Winnemucca (No membership required) 1973 Whitworth Way

effective December 1, 2018

	Monday	Tuesday	Wednesday	Thursday
9:00 - 10:00 AM			Essential Yoga	
12:00 - 1:00 PM		Noon Yoga		Noon Yoga
5:30 - 6:30 PM	Yoga for Athletic Recovery			
7:00 - 8:15 PM	Yoga Flow	Broga	Yoga Flow	

Mats & props available for use
\$12 drop-in or \$100 for a 10-class pass (\$10.00/class)
Contact Jenn for more info: (775) 237-9889 or jennvdveen@msn.com

Yoga Flow - Energizing class where postures 'flow' together (All-level class)

Essential Yoga - Emphasis on breath work, postures, alignment and inner focus (Beginners +)

Noon Yoga - Fun & flowy class that will give you that mid-day boost you need (All-level class)

Broga - Especially for men that might be intimidated by a typical yoga class (Beginners) [next session begins January 29]

Yoga for Athletic Recovery - Recovery-based class for student athletes (Jr High-High School) [next session begins January 28]

Private, group and team sessions available. Please contact Jenn at (775) 237-9889 for info.