



401-596-4209  
 401-322-7066  
 WWW.YOGANITA.COM  
 93 WATCH HILL RD -WESTERLY RI 02891

STUDIO & YOGA BOUTIQUE  
 OPEN  
 SWEDISH MASSAGE, DEEP TISSUE  
 BODYWORK, REFLEXOLOGY, REIKI & NEW  
 AYURVEDA WORKSHOPS

ON SCENIC 1A TOWARDS WATCH HILL  
 ACROSS FROM THE COOKED GOOSE

PRIVATE LESSONS IN YOGA - PILATES  
 REFORMER

PLEASE CALL AS THERE MAY BE CHANGES TO THE SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15 -10: 30 AM YOGA ANITA	CALL FOR BOUTIQUE 401-595-2860 Also open before and after classes	8:30-9:30 AM PILATES ANITA	CALL FOR BOUTIQUE 401-595-2860 Also open before and after classes	CALL FOR BOUTIQUE 401-595-2860 Also open before and after classes	8:30-9:30 AM PILATES ANITA	8:00 – 9:20 YOGA ANITA 7:30 - 8:15 AM CHANTING DAN
10:45-11:45 PILATES ANITA	9:15-10:45 AM PILATES/YOGA MIX ANITA BEGINNERS WELCOME	9:30-11:00 AM YOGA ANITA	CALL FOR BOUTIQUE 401-595-2860 Also open before and after classes	9:30 AM YOGA OVER 50 ANITA	9:30-11:00 AM YOGA MIX ANITA	8:15-9 AM ZEN MEDITATION DAN
BAPTISTE STYLE HOT YOGA YOGA BASICS 11:00 – 12:30 PM ELIZABETH J.	11:00 – 12:00 MOMMY AND ME YOGA ANITA <i>begins Nov 3</i>	11:30-12:45 RESTORATIVE YOGA - PRISCILLA	4:15-5:15 PM KIDS YOGA ANITA <i>resumes soon</i>	CALL FOR BOUTIQUE 401-595-2860 Also open before and after classes	CALL FOR BOUTIQUE 401-595-2860 Also open before and after classes	9:30 – 10:30 AM PILATES ANITA
3:00-4:00 PM TEEN YOGA ANITA	5:30-6:30 PM PILATES ANITA	PILATES 3:30 – 4:30 PM ANITA 4:30-5:30 PRE-NATAL YOGA RESIUMES SOON	5:30-6:30 PM PILATES ANITA	5:30-6:30 PM PILATES ANITA	CALL FOR BOUTIQUE 401-595-2860 Also open before and after classes	HOUR OF HOT POWER YOGA 9:30 – 10:30 AM ELIZABETH J
CALL FOR BOUTIQUE 401-595-2860 Also open before and after classes	7:00-8:30 PM YOGA ANITA	YOGA 5:30 – 7:00 PM ANITA 7:15-8:15 PM TAI CHI – NEW JIM LEACH	7:00 - 8:30 PM YOGA ANITA	7:15-8:15 PM TAI CHI JIM LEACH	CALL FOR BOUTIQUE 401-595-2860 Also open before and after classes	10:30 – 11:45 BEGINNER / MODERATE YOGA ANITA

**HOT YOGA PRICES** – Drop in fee \$12  
 for hour class; \$14 for 90 minute class  
 Hot yoga class cards: 5 classes 60.00  
 (good for both 60 and 90 min classes).  
 Maggie Hanson, LMT for **MASSAGE** –  
 (401) 339-9912

~WINTER 2008~

PLEASE CALL FOR SCHEDULE  
 UPDATES

**YOGA- PILATES PRICES**

Kids Yoga – \$10  
 Drop In – \$16  
 10 Session Pass – \$140  
 20 Session Pass – \$260  
 10 Week Unlimited Pass – \$400