



Yoga at Van Vleck with Jillian Pransky

Winter / Spring Session

Begin each week with an inspiring yoga class taught by Jillian Pransky in the most magnificent natural environment; the living room of the Van Vleck House overlooking the garden. Classes are open to all levels and blend slow flow vinyasa with mindful alignment for a deep work out inside and out. Special attention and modifications are offered to each student while emphasizing alignment, awareness of breath, and building preliminary tone and flexibility while safely opening the body. Jillian provides each student with the guidance they need to develop a safe and beneficial yoga practice both on the mat and out in their lives. Bring your own mat!

Dates: Mondays, Jan. 4th—June 7th

No Class on Jan 18 (MLK Day), Feb 15 (Presidents Day), May 31 (Memorial Day)

Time: 9:30—10:45

Fee: \$18 per class for Friends; \$20 per class for others

****Discount Packages****

10 week pass (any 10 classes) - \$150 Friends; \$170 others (\$3 off per class)

5 week pass (any 5 classes) - \$80 Friends; \$90 others (\$2 off per class)

ABOUT JILLIAN PRANSKY:

Jillian is Director of the Restorative Yoga Training for Yoga Works, co-director of Bright Spirit Teacher Training, and leads classes and retreats at Kripalu, Omega, and various other international venues. She is known for her reputation as a nurturing guide with an uplifting and playful style. Her Relaxmore more CD has garnered excellent reviews from many including Dr. Oz and is used in the healing program at the Heart Institute, N Y Presbyterian Columbia University Medical Center.



Visit www.yogajillian.com for more information.

**Pre-registration Required! Please fill out and return with payment to:
Van Vleck House & Gardens, 21 Van Vleck St. Montclair NJ 07042**

Name (first & last) _____

Address _____ **City** _____

State _____ **Zip** _____ **Phone** _____

E-mail Address _____ **Friend** **yes** **no**

Emergency Contact: _____ **Relationship** _____

I have **have not** **taken a yoga class before. Total amount enclosed \$** _____