



Life is not a race,
but a journey to be savored
each step of the way.
Yesterday is history,
tomorrow is a mystery
and today is a gift.

Schedule your next party
or event at the studio:

CHILDRENS' PARTIES
COUPLES' RETREATS
BACHELORETTE PARTIES
WINE AND YOGA
PRESENTATIONS



1100 Croy Drive
Suite C
Findlay, Ohio
(located by the mall)

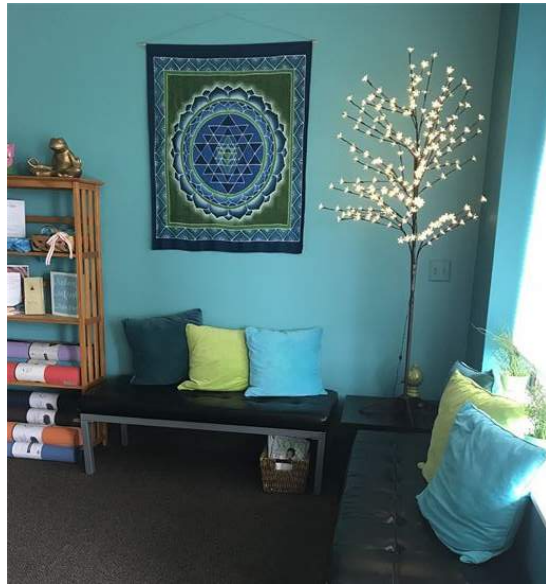
419-306-6136

barbmatheny@gmail.com

findlayharmonyyoga.com



FIND YOUR INNER PEACE AND HARMONY.



THE STUDIO

- Large 1,000 sq. ft. studio
- Beautiful, calming atmosphere with lots of natural lighting
- Comfortable temperature
- Mats and props provided to make your practice fit your needs
- Convenient, accessible parking

THE INSTRUCTORS

- All classes taught by certified yoga instructors
- Owned and operated by Barb Matheny, 500-hr Registered Yoga Teacher, trained in YogaFit

CLASSES

- Morning, evening and weekend classes offered
- Specialty prenatal, kids' and seniors' classes
- Wide variety for all ability and experience levels

MIXED LEVEL

BEGINNERS' BASICS

INTERMEDIATE

STRENGTHEN & TONE

STRETCH, RELAX & RENEW

RESTORATIVE YOGA

PRENATAL/POSTPARTUM

MOMS AND BABIES

PRESCHOOL AND SCHOOL-AGE

CHAIR/THERAPEUTIC

SENIORS

See our website for the monthly schedule, class descriptions, special workshops and events.



PRICING

DROP-IN

\$12

CLASS PASSES

Class passes can be used for any class and are valid for one year.

NEW STUDENT PASS

\$25

(3 CLASSES)

5 CLASSES

\$55

10 CLASSES

\$100

20 CLASSES

\$175

COUPLES

\$160

(10 CLASSES)

Prenatal and kids' classes priced separately.

UNLIMITED

1 MONTH

\$90

3 MONTHS

\$240

PRIVATE CLASSES

1-HOUR PRIVATE CLASS

\$40

1-HOUR SEMI-PRIVATE CLASS (PER PERSON)

\$25