

# PILATES MAT

**TUESDAYS 1:30-2:30pm**



## **Winter Session:**

**Jan 10 – Feb 28**

**w/Maureen Shea**

certified pilates teacher

## **To Register:**

**[www.prakasayoga.com](http://www.prakasayoga.com)**

**[prakasayoga@gmail](mailto:prakasayoga@gmail.com)**

**413.268.7151**

## **Prakasa Yoga Studio**

152 Ball Road Goshen

## **Cost:**

**Session 1: Jan 10-31**

**Session 2: Feb 5-12**

One session: \$52/person

Both sessions: \$96/person