



# YOGA CENTRAL

*A center for yoga and healing*

## WELLNESS SERVICES MENU

### PRIVATE SESSIONS

Yoga & Thai Yoga Therapy	\$75/hr
Personalize and combine a Private Yoga and Thai Therapy session for the same price	\$95/1.5 hrs

*(see back for descriptions)*

### MASSAGE

Swedish/Relaxation	\$70/hr
Hot Stones treatment	\$85/hr
Deep Tissue/medical <i>(insurance accepted)</i>	\$40 1/2hr \$85/hr
Prenatal massage <i>Doula services available</i>	\$70/hr
Hypnotherapy Smoking cessation, weight loss & more! See results in 3 to 5 sessions Support available by phone	\$70/session

***Shop out specialty boutique for unique & creative gifts.***

- All wellness services available at discount when purchased as a package
 

5%	for	3 session pkg
10%	for	6 session pkg
15%	for	12 session pkg

All staff certified and licensed  
**Yoga Classes 7 days a week**  
Thai Chi Class on Saturdays  
**See website for schedule**

*Cultivating peace & well-being  
in Lake County since 1998.*

**352.383.7979**

**2724 W. Old US Highway 441  
Mount Dora, FL 32757**

**www.yogacentral888.com**



*"It is health that is real  
wealth and not pieces  
of gold and silver." - Ghandi*



*Whether you are a  
seasoned practitioner of  
yoga, or just beginning to explore  
a world of new possibilities, we are  
here to support you in your journey  
to develop inner peace and outer  
strength through this ancient and  
powerful practice called Yoga.*

## YOGA

Hatha Yoga is the practice of physical postures and breathing exercises helping to bring balance into the body and mind. It originates in a tradition that is over 5,000 years old. Benefits can include physical improvements such as becoming more flexible, stronger and healthier, and preventing or recovering from injury. Yoga can also provide emotional benefits such as calming, focusing the mind and lifting the spirit.

## THAI YOGA THERAPY

Balance and harmonize your vital life energy with graceful, nurturing bodywork that promotes physical flexibility and ease. With the use of slow, focused movements and compressions to guide the body through assisted stretches, Thai Yoga Therapy elicits a serene yet refreshed state of mind. Given on a traditional floor mat.



DONNA FARHI,  
Yoga Mind, Body & Spirit

*Yoga is so universal in its  
principles and so holistically  
beneficial, it is possible for any  
person, young or old, religious  
or agnostic, to embrace  
and enjoy a practice.*

**FIRST CLASS  
FREE**

or 15% off your  
choice of package

Including our unlimited  
yearly package!

Expires: 12/31/2009

**15% OFF  
THAI YOGA  
THERAPY  
SESSION**

or your choice  
of massage

Expires: 12/31/2009