

Get a Yoga Pass!

What is a yoga pass? It is a pass offered through the Payne Whitney Gym that will allow you to attend any scheduled yoga class at whichever days and times work best for you that week. **No limit!**

Did you know...

Average price for a yoga class in
New Haven: \$17

If you attend just one yoga class a week with the yoga pass, each class is only \$10. If you attend more than once a week, it's even less!

At many studios, a month of unlimited
yoga costs \$130.

With the yoga pass, you get **unlimited** yoga for the whole semester for **\$125** (students and members).

There are many great teachers and styles to choose from:

Ashtanga Beginner Bowspring Hatha Kundalini Vinyasa

Try classes for free during shopping period!

Yoga can improve your flexibility, **increase muscle strength and tone**, perfect your posture, drain your lymphs and boosts immunity , **UP YOUR HEART RATE**, *drop your blood pressure*, *make you happier*, lower blood sugar, **help you focus**, improve your balance, **improve respiration. energy and vitality** , maintain a balanced metabolism , *improve athletic performance*, improve cardio and circulatory health...

Why haven't you gotten your yoga pass yet?

Get Your Yoga Pass Now