

WHOLISTIC BALANCE is a full-featured Pilates Studio located at the Farmhouse Spa. All classes held in the Olive Room.



Group Class Schedule & Rates

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:30 Yoga w/Carol Hince	8-9am Core Stretch n Strengthen w/Michelle Rutherford	8:30-9:30 Pilates w/Paula Reynolds *Yoga Nidra 6-8 w/Carol Hince		8:30-9:30 Pilates w/Paula Reynolds 5:30-6:30p Pilates w/Paula Reynolds	8-9am Qigong w/Angelica Papio 9:30-11:00 Yoga w/Carol Hince	8-9 Yoga w/Angelica Papio
8:00-9:30 Yoga w/Carol Hince	8-9am Core Stretch n Strengthen w/Michelle Rutherford	8:30-9:30 Pilates w/Paula Reynolds **6-8p Restorative w/Carol Hince		8:30-9:30 Pilates w/Paula Reynolds 5:30-6:30p Pilates w/Paula Reynolds	8-9am Qigong w/Angelica Papio 9:30-11:00 Yoga w/Carol Hince	8-9 Yoga w/Angelica Papio
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* Yoga Nidra is the first and third Tuesday of every month.

**Restorative Yoga is the second and fourth Tuesday of every month.

All classes are drop in, unless otherwise noted. For more information, please call 707.887.3300 ext.112.

Group Class Rates:

\$15 drop in
10 session pass - \$120
30 session pass - \$300
(Passes can be used for all classes)

Yoga Nidra: Each 4 week session is \$55.00

April 15, 29, May 6, 20
June 3, 17, July 1, 15
Aug. 5, 19, Sept 2, 16
Sept. 30, Oct. 7, 21, Nov. 18



Farmhouse
Russian River Valley

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www.farmhouseinn.com | www.wholisticbalance.com