

SHRI Yoga Fall Schedule 2017 (Effective 9/18)

Location: West Reading

Monday

6:00 am Flow Mixed 60/ Rachel-Ray
9:30 am Yoga Wall 60/ Pam
4:30 pm Flow Mixed 60/ Gabrielle
5:30 pm Flow Mixed 75/ Rachel
6:00 pm Prenatal Yoga 60/ Chris
7:15 pm * Relieving Anxiety Series 60/ Chris

Tuesday

7:45 am Flow Mixed 75/ Pam
9:30 am Basics 75/ Pam
12:00 pm Flow Mixed 60/ Laura
5:30 pm Flow Mixed 75/ David
6:00 pm Yoga Wall 60/ Pam
7:15 pm Basics 75/ TBA
7:15 pm Yoga Wall 4 Back Care 60/ Pam

Wednesday

6:00 am Flow Mixed 60 / Rachel-Ray
9:30 am Flow Mixed 75/ Laura
5:30 pm Flow Mixed 75/ Pam
7:15 pm * Yoga 4 Beginner Series 75/ Pam
7:00 pm Restorative Yoga 75/ Jennifer F.

Thursday

7:45 pm Flow Mixed 75/ Gabrielle
9:30 am Basics 75/ Laura
12:00 pm Flow Mixed 60/ Pam
5:30 pm Flow Mixed 75/ Rachel-Ray
6:00 pm Basics 75/ Pam
7:15 pm *Gentle/Restore BCS Series 60/ Chris
7:30 pm *Teen Yoga Series 60/ Gabrielle

Friday

9:30 am Flow Mixed 75/ Pam
11:00 am Yoga Wall 4 Back Care 60/Pam

Saturday

8:00 am Flow Mixed 60/ Rachel-Ray
8:45 am Flow Mixed 75/ Rachel
9:15 am Restorative Yoga 75/ Rachel-Ray
10:15 am Beginner Basics 75/ Rachel

Sunday

8:45 am Flow Deepening 90 / Pam
10:30 am Basics 75/ Pam
12:00 pm Yoga Wall 60/ Pam (dates as posted)
12:15 pm Family Yoga 60/ Alicia (once monthly)
3:00 pm Sunday SITS 60/ Rachelle (bi-weekly)

SHRI Yoga Fall Schedule 2017 (Effective 9/9)

Location: Exeter Spine and Wellness Center

Monday

9:30 am Flow Mixed 60/ Rachel-Ray
5:45 pm Flow Mixed 60/ Pam
7:00 pm Basics 60/ Pam

Wednesday

9:30 am Flow Mixed 60/Pam
10:45 am Basics 60/Pam
5:45 pm Flow Mixed 60/ Rachel- Ray

Saturday

9:00 am Flow Mixed 60/ Pam
10:15 am Basics 60/ Pam

* Series Class Dates

Relieving Anxiety (9/25-11/13) 8 weeks
New Beginners (9/13-11/1) 8 weeks
Teen Yoga (9/21 –11/9) 8 weeks
Gentle 4 Breast Cancer Survivors (9/14-10/19)
This class is FREE to participants but must sign up please.

Any missed classes from a series class can be made up in another class on the schedule (we will advise) DURING the duration of the series. Missed classes from a series will NOT be honored after the series dates listed.

Key for class time:

60 = 60 min
75 = 75 min
90 = 90 min

See reverse for class descriptions, prices and parking

CLASS DESCRIPTIONS

Beginner Series Best place to start your practice to establish the foundational principles of physical alignment and breath. Perfect for students who are new or getting back into the practice, working with injuries, concerned about age or weight or who desire to back things up.

Beginner Basics Works within a basic syllabus to practice foundational principles of alignment and breath to build a solid foundation. With consistency of practice you will build body awareness, muscular balance, strength & flexibility in body and mind.

Basics Appropriate for beginners and beyond. With the same focus on breath and physical alignment students will continue to refine the alignment principles while learning to move and transition with greater ease and control.

Flow Mixed Flowing sequences and vinyasas that work within a broader syllabus of poses. Same mindful alignment based approach with more challenging sequences and transitions. May at times break down more advanced poses. Appropriate for continuing –intermediate/adv students.

Yoga Wall utilizes the yoga wall to refine and explore poses with the use of wall props. Provides support that can help students open tighter areas and access more depth and accessibility. Deeply satisfying and healing. Can be a great addition to your weekly practice. Refer to right column for more INFO, Limited capacity.

Yoga Wall for Back Care Designed for students who experience back pain and discomfort whether due to injury, weakens or one-dimensional sports related activities. The focus of this class is empower students with knowledge and a practice to maintain a healthy back.

Gentle / Restore Gentle movements combined with restorative poses that allow for deeper, more passive releases with props.

Restorative Utilizes props to align and support the body against the floor. Poses are held for 10-15 min allowing more time to consciously immerse yourself into the pose to promote deep healing and restore the body and mind.

Family Yoga This fun-filled hour is open to all family members. In this theme-based class we will explore movement, breathing, sound and vibration to engage all of the senses and culminating a guided relaxation.

CLASS PRICING

NEW Student one-time INTRO offer: choose:

\$30 for 2 weeks unlimited classes

\$49 for one-month unlimited classes (30 days)

\$15 Single Drop-in (all classes, excludes series classes)

\$70/ 5-class card (expires 2 mo)

\$130 / 10-class card (expires 4 mo)

\$240 / 20-class card (expires 6 mo)

(unused classes may be rolled over into a new card purchase)

\$105 / Monthly unlimited (auto withdrawal)

\$130 / 30 day unlimited.

Yoga Wall –Must register on line or by phone to ensure a spot on the wall. If you register and find that you cannot attend class, you must cancel no later than 1 hour prior to class. If you fail to do so, and the spot is not filled, your account will be charged for the class.

West Reading Location: 511 Reading Ave. 2nd floor.

West Reading PA 19611

Our entrance is in the rear of the building.

Parking is plenty, but please be flexible to work within the options below. (that is our yoga right... going with the flow of things☺)

1. Shri parking lot in rear of building
2. Across Reading Avenue in parking lot
3. In front of building after 5:15 pm weekdays and all day weekends.

Exeter Location: Spine and Wellness Center

3933 Perkiomen Avenue. Reading PA 19606

We are located on lower lever. Parking and entrance is in rear of building.

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