

SHRI YOGA AND WELLNESS CENTER

Winter 2012 (Rev)

MON	CLASS		LEVEL	TEACHER
9:15	75 min	Shri Yoga	level 2	Lori
4:30	60 min	Shri Yoga	level 2	Rachelle
6:00	75 min	Shri Yoga	levels 2-3	Rachelle / Lori
6:00	60 min	* Pilates Mat 1 series (1/9 - 2/6)	Level 1	Lisa
7:15	75 min	* Kundalini Yoga series (1/9 - 2/27)	ALL	Guru Amrit
7:15	90 min	* Women's PTSD series (3/12 - 5/7)	must apply	Carrie
TUES				
8:00	60 min	Shri Yoga	levels 1-2	Jennifer
5:30	75 min	Shri Yoga	level 2	Alicia K.
5:30	60 min	* Yoga for Back Care series (2/14 - 3/20)	ALL	Pam
7:00	75 min	* New Beginner Yoga series (2/28 - 3/20)	Beginners	Pam
7:00	60 min	* YogaTeens Series (1/3 - 2/21)	ALL	Alicia K.
7:00	75 min	* Yoga for Anxiety series (3/6 - 4/10)	ALL	Jennifer
WED				
9:15	75 min	Shri Yoga	levels 2-3	Pam
10:00	90 min	Silver Age Yoga (Very Gentle)	ALL	Jeanne
4:30	60 min	Shri Yoga	levels 1 -2	Rachel
6:00	90 min	Shri Yoga Playshop	levels 2-3	Pam
6:00	60 min	* Pilates Mat Fundamentals series (TBA)	Beginners	Lisa
THURS				
8:00	60 min	Shri Yoga	levels 1-2	Pam
9:30	75 min	Shri Yoga	Beginners	Alicia K.
4:30	75 min	Gentle Yoga	ALL	MaryBeth
5:30	75 min	Shri Yoga	level 2	Chris
6:00	75 min	* Prenatal Yoga series (1/19 - 2/23)	ALL	MaryBeth
7:00	75 min	Shri Yoga	levels 1-2	Pam
7:30	75 min	Mantra / Chanting (1st Thurs monthly)	ALL	David & Lisa
FRI				
9:15	75 min	Shri Yoga	levels 2-3	Pam
5:30	60 min	Community Yoga Class \$7	Basic level	Jason
6:00	60-75	Friday Night Forum (once monthly -dates posted)	ALL	Jancie
SAT				
9:00	75 min	Shri Yoga	ALL Levels	Staff
9:00	60 min	* Mens Pilates Fundamentals (2/11 - 3/17)	Beginners	Lisa
11:00	60 min	Family Yoga (1/28 and 2/11)	ALL	Alicia L. / Rachel
SUN				
8:00	45 min	Pranayama / Silent Meditation (free)	ALL	Pam
9:00	75 min	Shri Yoga	levels 2-3	Pam
10:30	75 min	Shri Yoga	levels 1-2	Pam
<p>SHRI YOGA - Our general active yoga classes are leveled, with focus placed on alignment, from the physical to the more subtle, and breath-linked movement. Beginning at the lower levels we work mostly within the format of a hatha class, and incrementally add elements of flow that evolve to a full flowing vinyasa class in level 2-3. Poses and sequencing explored in each class are level appropriate</p>				
<p>* Denotes series classes Classes run within the dates posted. Registration is required.</p>				
<p>All other classes are on-going. Join in anytime</p>				
<p>Shri Yoga / 1015 Penn Ave / Wyomissing / 610.898.0505 / www.shriyogapa.com</p>				