

GLEBE, 99 Fourth Ave. NOVEMBER – DECEMBER 2018

Check for Christmas Schedule in December ☺

Monday	Class Styles	Teacher
9:30 – 11:00am	Hatha – Hips, Shoulders, Center	Basia
11:15 – 12:30 pm	Hatha – Gentle	Jane
4:30 – 5:45 pm	Flow – Power	Katt
6:00 – 7:15 pm	Hatha – Beginner	Dan
7:30 – 8:45 pm	Yoga with Meditation (new)	Jan

Saturday	Class Styles	Teacher
9:00 – 10:30 am	Hatha	Basia
11:00 – 12:30 pm	Ashtanga	Donna

Sunday	Class Styles	Teacher
9:00 – 10:30 am	Yin	Mike
11:00 – 12:30 pm	Hatha	Barb
7:30 – 8:45 pm	Yin & Restorative	Maureen

Tuesday	Class Styles	Teacher
7:00 – 8:00 am	Flow	Samantha
9:30 – 11:00 am	Hatha – Deepening Foundations	Julie
12:00 – 1:00 pm	Yoga as THERAPY *	Basia
4:30 – 5:45 pm	Hatha Restorative	Colleen
6:00 – 7:15 pm	Hatha	Basia
7:30 – 9:00 pm	Ashtanga	Donna

Wednesday	Class Styles	Teacher
10:00 – 11:30 am	Hatha – Hips, Back & Shoulders	Janice
12:00 – 1:00 pm	Hatha	Colleen
5:45 – 7:00 pm	Yoga WALL *	Kelli
7:15 – 8:30 pm	Yin and Yang	Kelli
8:45 – 9:45 pm	Flow - Candle Light	Katt

Thursday	Class Styles	Teacher
7:00 – 8:00 am	Resilient Back	Basia
9:30 – 11:00 am	Hatha – Deepening Foundations	Julie
12:00 – 1:00 pm	Hatha	Colleen
4:30 – 5:45 pm	Hatha Gentle	Jane
6:00 – 7:15 pm	Hatha	Basia
7:30 – 9:00 pm	Ashtanga	Scott

Friday	Class Styles	Teacher
10:00 – 11:30 am	Hatha – Gentle	Janice
12:00 – 1:30 pm	Yin	Mike
5:00 – 6:00 pm	Yoga with Meditation (new)	Jan



ADI SHESHA YOGA ZONE

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& YOGA Teacher Training**

CLASSES are ALL LEVELS unless marked otherwise

* **Yoga Wall** - using the straps/bars/ stretch bands attached to the wall. The wall affords an interesting opportunity to get deeper into the poses, stay longer, have more support... or “crank it up” if one so desires.

* **Yoga as THERAPY**- re-aligning, stabilizing, opening – great for those with stuck joint, back pain, hip problems, and tight zones ...or – those who want to prevent the above ☺ **Got injuries?** – Please, let us know.

Thank you for choosing Adi Shesha YOGA ZONE.