

# GLEBE, 99 Fourth Ave. FALL/WINTER – SEPTEMBER- DEC, 2017

Monday	Class Styles	Teacher
9:30 – 11:00am	Hatha – Core, Hips, Shoulders	Basia
11:15 – 12:30 pm	Hatha – Gentle	Jane
4:30 – 5:45 pm	Flow – Power	Katt B.
6:00 – 7:15 pm	Hatha – Beginner	Dan
7:30 – 8:30 pm	***Yoga for Athletes	Nicola

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
4:15 – 5:15 pm	***Kids Yoga – pre register	Viviane
5:45 – 7:00 pm	Flow	Samantha
7:30 – 8:30 pm	Yin and YANG	Kelli
8:45 – 9:45 pm	Flow - Candle Light	Katt B.

Thursday	Class Styles	Teacher
7:00 – 8:00 am	Flow	Paul
9:30 – 11:00 am	Hatha – Deepening Foundations	Julie
12:00 – 1:00 pm	Hatha	Colleen
4:30 – 5:45 pm	*** BREATH-centered Hatha	Jane
6:00 – 7:00 pm	*** Core Play	Basia
7:15 – 8:15 pm	*** Yoga as Therapy	Basia

\*\*\* **Core Play** – Stability, mobility, natural movements. Challenging, yet with room to modify – get strong, supple, connected, and mobile ☺

\*\*\* **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.

Friday	Class Styles	Teacher
10:00–11:30 am	Hatha – Gentle	Janice
12:00 – 1:30 pm	Yin	Mike B.

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 B.
11:00 – 12:30 pm	Ashtanga	Natalie
7:30 – 8:45 pm	Community Yoga \$5/don.	Various



ADI SHESHA YOGA ZONE

[www.adishesha.com](http://www.adishesha.com)

Visit our website and Facebook page regularly for **special events, mini-sessions, workshops,** and cancellations.

CLASSES are ALL LEVELS unless marked otherwise

\*\*Community Yoga - cancelled all long weekends.

\*\*\* **Yoga Wall** – POP UP CLASSES (check events), using the straps/bars/ stretch bands attached to the wall. The wall affords and interesting opportunity to get deeper into the poses, stay longer, have more support... or “crank it up” if one so desires.

**Thank you for choosing Adi Shesha YOGA ZONE.**