

GLEBE, 99 Fourth Ave. SUMMER – JULY – AUGUST, 2017

Monday	Class Styles	Teacher
9:30 – 11:00am	Ashtanga	Mike M.
11:15 – 12:30 pm	Hatha – Gentle	Basia
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
4:30 – 5:30 pm	*** Yoga Wall*	Kelli
5:45 – 7:00 pm	Ashtanga – Intermediate	Markus
7:30 – 8:30 pm	Hatha	Jennifer
8:45 – 9:45 pm	Candle Light Flow	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	Katherine
6:00 – 7:00 pm	*** Core Stability	Basia
7:30 – 8:30 pm	*** Yoga as Therapy	Basia

***** Core Stability** – Not a Yoga Class exactly - it is a fast flowing series of core work protocols – challenging, safe, effective!

***** 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 carefully work to prevent the above ☺

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**	Various



ADI SHESHA YOGA ZONE

www.adishesha.com

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

Unless otherwise indicated, all classes are ALL LEVELS

*Yoga Wall: Maximum 10 people per class

**Community Yoga: \$5/cash donation, cancelled all long weekends.

Thank you for choosing Adi Shesha YOGA ZONE.

***** Yoga Wall** – yoga practice, 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. Go to try it!