

# GLEBE, 99 Fourth Ave. SPRING: JANUARY- APRIL, 2018

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	* <b>Yoga as Therapy</b>	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	<b>Kids Yoga – pre register</b>	Viviane
5:45 – 7:00 pm	Flow	Samantha
7:30 – 8:30 pm	<b>Yin &amp; YANG</b>	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	* <b>BREATH-centered Hatha</b>	Jane
6:00 – 7:00 pm	<b>Core Play</b>	Basia
7:15 – 8:15 pm	* <b>Yoga as Therapy</b>	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.
5:30 – 7:00pm	<b>Yoga WALL</b>	Kelli

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 – 9:00 pm	* Yin & Restorative	Maureen



ADI SHESHA YOGA ZONE

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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... hesitating if you can do it – YOU CAN – give it a shot.

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

“\*” **gentle approach**