

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

| Monday | Class Styles | Teacher |
|------------------|----------------------|---------|
| 9:30 – 11:00am | Ashtanga | 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 | Ashtanga – Intermediate | Markus |
| 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 | Katherine |
| 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

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.