

# GLEBE, 99 Fourth Ave. AUGUST, 2018

Monday	Class Styles	Teacher
9:30 – 11:00am	Soft Flow – 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 Zone Flow	Christine

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	<b>Yoga WALL</b>	Samantha
7:15 – 8:30 pm	<b>Yin and YANG</b>	Kelli
8:45 – 9:45 pm	Flow - Candle Light	Katt

Thursday	Class Styles	Teacher
7:00 – 8:00 am	Yoga Zone Flow	Christine
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 Flow	Basia
7:15 – 8:15 pm	*** Yoga as THERAPY	Basia

\*\*\* **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

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



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 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.**