



# Shakti Yoga

*Breathe easy and trust the wisdom of your heart.*

## Spring - Summer 2017 Class Schedule

Location: 2 School Street, Geneseo

*Classes are ongoing, unless otherwise indicated. You are welcome to join classes anytime.*

### CLASS

#### SUNDAY

9:30-10:45

Vinyasa flow-resumes in Fall

### TEACHER

#### MONDAY

10:45-12:15

Gentle Beginner

Nikki or Alex

5:00-6:15 pm

Level I

Jacki, Heather or Serena

6:30-7:30 pm

Mixed level -resumes in Fall

#### TUESDAY

10:45-12:15

Mixed Level

Angela

5:00-6:30 pm

Mixed level

Jacki

#### WEDNESDAY

10:00-11:00 am

Chair Yoga /Mindful Movement- begins July 5

Angela or Jacki

11:45-12:45 pm

Mixed level

Donii or Sheri

4:30-5:30 pm

Bodymind Ballwork classes: 6/7, 6/14, 6/21

Angela

5:45-7:00 pm

Level I: after 6/21, class will resume in Fall

Ruth Ann

#### THURSDAY

10:45-12:15

Beginner / Level I

Angela

5:00-6:30 pm\*

Mixed Level

Jacki or Angela

\*Restorative Yoga & Meditation- last Thurs. each month.

#### FRIDAY

11:45-12:45 pm

Mixed level donation class- resumes in Fall

Shakti Yoga teachers

#### SATURDAY

8:30-9:30 am

Mixed level

Carrie

10:00-11:30 am

Mixed level

Jacki

*See website for class descriptions, changes, cancellations, etc.*

5 class card (valid 2 months)...\$65      10 class card (valid 4 months)...\$125      20 class card (valid 6 months)...\$220

10 class card for 1 hour classes (valid 4 months)...\$100      *Fill up your card (after 20 classes) and receive a free class!*

1 month unlimited classes (valid 1 month from day of purchase)...\$100

Summer Special! Unlimited classes for July 1-August 31...\$150 (current class card expirations extended)

New students: \$20 for 2 weeks unlimited classes.

Drop-in fees: 1/4 or 1/2 hour class.....\$15      1 hour class....\$12

SUNY student fees: unlimited class card for 1 semester...\$100      50% off all regular class fees. Drop-in...\$7

Private yoga... \$70 (1 hr. session); \$60 (2 or more sessions); see details on website.

Note: Bodymind Ballwork and Chair Yoga classes are not included in any unlimited class fee offers.

Check or cash payments only. Sorry, no credit cards.

### **Shakti Yoga teachers:**

*\*Shakti Yoga is an RYS, a Registered Yoga School with Yoga Alliance. Teachers are E-RYT 500 or RYT-200 with Yoga Alliance.*

Angela Caplan, Jacki McCausland, Ruth Ann Polito, Donii Ritz, Carrie Layhee, Nikki Applin, Alex Richmond, Deb French, Sheri Kreher, Serena Struble, Heather Acomb, Deb Penoyer.

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

[shaktiyogageneseo@gmail.com](mailto:shaktiyogageneseo@gmail.com)

585-243-5240

