



# Shakti Yoga

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

## Summer 2017 Class Schedule

Location: 2 School Street, Geneseo

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

<u>CLASS</u>		<u>TEACHER</u>
<b>SUNDAY</b> 9:30-10:45	Vinyasa flow-resumes in Fall	
<b>MONDAY</b> 10:45-12:15 5:00-6:15 pm 6:30-7:45 pm	Gentle Beginner Level I Mixed level -resumes in Fall	Nikki or Alex Jacki, Heather or Serena
<b>TUESDAY</b> 10:45-12:15 5:00-6:30 pm	Mixed Level Mixed level	Angela Jacki
<b>WEDNESDAY</b> 10:00-11:00 am 11:45-12:45 pm 5:45-7:00 pm	Chair Yoga /Mindful Movement: 7/5-8/2 Mixed level Level I - resumes in Fall	Angela or Jacki Donii or Sheri Ruth Ann
<b>THURSDAY</b> 10:45-12:15 5:00-6:30 pm*	Beginner / Level I Mixed Level *Restorative Yoga & Meditation- last Thurs. each month.	Angela Jacki or Angela
<b>FRIDAY</b> TBA	Mixed level donation class- resumes in Fall	Shakti Yoga teachers
<b>SATURDAY</b> 8:30-9:30 am 10:00-11:30 am	Mixed level Mixed level	Carrie 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

