



Shakti Yoga

Breathe easy and trust the wisdom of your heart.

Winter-Spring 2018 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>
SUNDAY		
9:30-10:45	Vinyasa flow	Carrie L, Heather, Deb
MONDAY		
10:45-12:15	Gentle Beginner	Nikki or Alex
5:00-6:15 pm	Level I	Heather or Serena
6:30-7:45 pm	Mixed level	Deb
TUESDAY		
10:45-12:15	Mixed Level	Angela
5:00-6:30 pm	Mixed level	Jacki
WEDNESDAY		
10:00-11:00 am	Mindful Movement/ Chair Yoga (resumes in Spring)	Angela or Jacki
11:45-1:00 pm	Mixed level	Donii or Sheri
5:45-7:00 pm	Level I	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		
10:00-11:00 am	Cardio Yoga Fusion (1/5, 1/12, 1/19, 1/26)	Donii
11:45-12:45 pm	Mixed level- by donation	Carrie R, Hannah, Alex
SATURDAY		
8:30-9:45 am	Mixed level	Carrie L
10:00-11:30 am	Mixed level	Jacki

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

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

Drop-in fee...\$16 5 class card (valid 2 months)...\$68 10 class card (valid 4 months)...\$130

20 class card (valid 6 months)...\$230 *Fill up your class card (after 20 classes) and receive a free class!*

1 month unlimited classes (valid 1 month from day of purchase)....\$120

All New Student Special: \$25 for 2 weeks unlimited classes.

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

Cardio Yoga Fusion...\$40 (all 4 weeks) \$12 drop-in

SUNY Students: Unlimited classes for 1 semester...\$100 OR 50% off all regular class card fees. Drop-in fee...\$7

New students...\$25 for 2 weeks unlimited classes.

Shakti Yoga teachers* *Shakti Yoga is 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, Heather Acomb, Sheri Kreher, Serena Struble, Carrie Ruffner, Hannah Embry.

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