



# Shakti Yoga

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

## 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>
<b>SUNDAY</b>		
9:30-10:45	Vinyasa flow	Carrie L, Heather, Deb
<b>MONDAY</b>		
10:45-12:15	Gentle Beginner	Nikki or Alex
12:45-1:45	Cardio Yoga Fusion (through 5/21)	Donii
5:00-6:15 pm	Level I	Heather or Serena
6:30-7:45 pm	Mixed level	Deb
<b>TUESDAY</b>		
10:45-12:15	Mixed Level	Angela
5:00-6:30 pm	Mixed level	Jacki
<b>WEDNESDAY</b>		
10:00-11:00 am	Mindful Movement/ Chair Yoga (through 5/23)	Jacki or Ruth Ann
11:45-1:00 pm	Mixed level	Donii or Sheri
5:45-7:00 pm	Level I	Ruth Ann
<b>THURSDAY</b>		
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.	
<b>FRIDAY</b>		
11:45-12:45 pm	Mixed level- by donation	Carrie R, Hannah, or Alex
<b>SATURDAY</b>		
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...\$12 drop-in

Mindful Movement & Chair Yoga... \$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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