



Dorian Abel, MS, RYT, RMT
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HEALING YOGA
1397 EAST MAIN ST. (ROUTE 724)
DOUGLASSVILLE, PA 19518

SCHEDULE June 27 - August 25

No classes on July 4 and August 15 - 19

MONDAY

2:30 - 7:30 p.m.

SHIATSU MASSAGE with Kim
Contact us to reserve your spot!

TUESDAY

9:30 - 10:45

6:00 - 7:15 p.m.

YOGA AND AROMATHERAPY: Exploring the Chakras
YIN YOGA

WEDNESDAY

6:30 - 7:45 p.m.

BEGINNER

THURSDAY

9:30 - 10:45 a.m.

6:00 - 7:15 p.m.

THERAPEUTIC YOGA
SLOW FLOW YOGA with Julie

FRIDAY

9:30 - 10:140 a.m.

PILATES with Jillian

Yoga and Aromatherapy: Exploring the Chakras. In each class we will focus on a chakra or energy center and explore its qualities through a plant essence, and yoga and meditation practices.

Yin Yoga is a passive practice of long-held seated, prone, and supine poses that lengthen and strengthen the connective tissues, calm the mind, increase flexibility & joint mobility, and free the flow of chi or prana throughout the body.

Beginner Yoga. Learn basic postures, breathing, awareness, meditation, and relaxation.

Therapeutic Yoga is geared toward those who have chronic conditions, pain or restrictions, are recovering from illness or injury, or require a gentle approach.

Slow Flow Yoga is a dynamic practice in which you explore a practice theme through a series of flowing poses done at a comfortable pace.

Pilates is a conditioning method of low impact exercises which develops awareness of movement, core, and posture, while building strength and flexibility. Pilates is beneficial for people of all fitness levels!

8-Week Class Series	1X/week \$ 96.00
	2X/week 144.00
UNLIMITED CLASSES	160.00
First Class for new students with coupon	FREE
Drop-in, space permitting	15.00
Reiki Treatment	65.00 full session/ 35.00 half
Shiatsu	65.00 full hour/35.00 half hour
Yoga Therapy Session	75.00

Reiki Treatments and Yoga Therapy with Dorian are available every week on Tuesday, Wednesday, Thursday, and Saturday. Contact us for more information or to make your appointment!

Reiki I class is forming for this summer! Please contact us if you are interested in learning this gentle, powerful healing modality.

Saturday morning All Level classes will return in September.