



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

SCHEDULE October 30 - December 16

MONDAY

2:30 - 7:30 p.m.

SHIATSU MASSAGE with Kim
Contact us to reserve your spot!

TUESDAY

6:00 - 7:15 p.m.

YIN YOGA

WEDNESDAY

6:30 - 7:45 p.m.

BEGINNER

THURSDAY

9:30 - 10:45 a.m.

THERAPEUTIC YOGA

6:00 - 7:15 p.m.

SLOW FLOW YOGA with Julie

FRIDAY

9:30 - 10:140 a.m.

PILATES with Jillian

SATURDAY

10:00 - 11:15 a.m.

ALL LEVEL YOGA

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!

All Level Yoga. Begin your weekend with a centering and healing practice of flowing and sustained poses with a focus on alignment, breathing practice, relaxation, and meditation.

7-Week Class Series	1X/week \$ 84.00
	2X/week 126.00
Thursdays or Pilates (6 classes)	72.00
UNLIMITED CLASSES	140.00
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

Upcoming Events

More information and payment option online at www.healingyogapa.com

Yin Yoga with Dorian Abel & Harp Music of Betsy Chapman

Friday, October 27

7:00 p.m. - 8:30 p.m.

\$20/\$25 at the door

Harp music vibrates the body, especially the area of the heart chakra, and cultivates healing, beauty, and serenity. It enhances the experience of Yin Yoga, an inward practice of long-held poses, relaxed breathing, and mindfulness, which frees the flow of chi (energy). Join us for a peaceful and magical evening!

Reiki I and Reiki II Classes

We are forming new classes! Please contact us if you are interested in learning or moving on to the next level of this gentle, powerful healing modality. Dorian is an experienced Reiki Master-Teacher who has been practicing Reiki since 1999. She has a depth of experience with Reiki in medical settings, with people living with cancer and hospice patients, and has a special interest in traditional Japanese techniques. Her courses focus on personal growth, self-development, self-treatment, integrating the effects of the attunements, and living the Reiki precepts.