



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

SCHEDULE May 2 - June 24

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.

6:00 - 7:15 p.m.

THERAPEUTIC YOGA
SLOW FLOW YOGA with Julie

FRIDAY

9:30 - 10:140 a.m.

PILATES with Jillian

SATURDAY

10:00 - 11:15 a.m.

ALL LEVEL CLASS

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 Classes Start your weekend with yoga poses, breathing practice, relaxation, and meditation!

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

Upcoming Healing Yoga Events

Finding Your Power: An Angel Lightworker Workshop

With Kathleen Quinn

Saturday and Sunday, April 29 - 30

9:00 a.m. - 6:00 p.m.

This workshop is a gentle and uplifting experience that will take you along the path of healing yourself and being of service to others. Together we will learn how to release the past, open our true inner light, and step into our power as a Lightworker. Guided by the Angels, we will develop all the skills needed to bring forth this beautiful transformation.

For more information go to www.KathleenQuinn.net

Spa-licious Evening for Women

Friday, May 12

7:00 p.m. - 9:00 p.m.

Refreshing Yoga with Dorian Abel

Pampering with natural herbal products with Monica Dech

\$22 prepaid/\$25 at the door

Monica Dech is the owner of Betula's Botanica, maker of artisan soaps and body care products that are carefully hand-crafted in small batches with pure natural ingredients! She will also have her lovely products available for purchase.

Healing Yoga Open House

Sunday, June 4

Save the date! FREE classes throughout the day: Yoga, Pilates, self-massage, & more. Mini Reiki and Shiatsu treatments available for a small fee. Bring a family member or friend & try something new!

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!