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**HEALING YOGA**  
**1397 EAST MAIN ST. (ROUTE 724)**  
**DOUGLASSVILLE, PA 19518**

**SCHEDULE January 2 - February 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

*NEW CLASS! ENERGIZE AND RESTORE with April*

**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.

Energize and Restore is for students with yoga experience. A combination of calming and restorative elements with dynamic movement to build strength and heat. Class ends with restorative poses and guided imagery.

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.

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 Events*

*Information and registration will be available online.*

### *Yoga Nidra*

Friday, January 19

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

\$18/\$20 at the door

Join us for this sublime healing practice of deep relaxation, guided imagery, and affirmation. It is a restful and powerful method when done over time, can transform our habits and our lives. The evening will begin with a brief asana practice.

### *Day of Renewal*

*With Dorian Abel & Greg Schweitzer*

Sunday, February 25

9:30 a.m. - 4:30 p.m.

Early Bird Fee (by February 10) is \$115/\$125 thereafter.

A delicious, healthy lunch is included.

Winter time is the perfect time of year to go inside for rest, renewal, and delight.

Connect with a loving community for a day of gentle yoga, meditation, walking, inspiration, and reflection.