



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

SCHEDULE February 26 - April 28  
STUDIO WILL BE CLOSED March 13 - 17

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  
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.

<b>8-Week Class Series</b>	<b>1X/week \$ 96.00</b>
	<b>2X/week 144.00</b>
<b>UNLIMITED CLASSES</b>	<b>160.00</b>
<b>First Class for new students with coupon</b>	<b>FREE</b>
<b>Drop-in, space permitting</b>	<b>15.00</b>
<b>Reiki Treatment</b>	<b>65.00 full session/ 35.00 half</b>
<b>Shiatsu</b>	<b>70.00 full hour/40.00 half hour</b>
<b>Yoga Therapy Session</b>	<b>75.00</b>

## **Upcoming Events**

**Information and registration available online.**

### **Reiki I Class**

**With Dorian Abel, Usui Reiki Master-Teacher**

**Saturday, March 10 AND Saturday, March 24**

**1:00 - 6:00 p.m.**

**Fee is \$150 prepaid or \$175 at the first class meeting.**

Reiki is a practice and a way of life that connects us to healing, compassion, Light, and our deepest self. Reiki, and learning Reiki, are gentle, meditative, and powerful experiences.

The course will include:

Sharing and supporting each other as a loving community.

Meditative Reiki practices.

The history and principles of Reiki.

Four attunements (activation of Reiki energy) for Level I.

Hand positions for practice on yourself.

Hand positions and time to practice on others.

How to incorporate Reiki into your life for increased well-being.

*Dorian Abel* has been practicing Reiki since 1999, and teaching Reiki for almost as long. She has much experience with Reiki in hospital settings, hospice, with oncology patients, in the community, and at Healing Yoga.

### **Yoga Nidra**

**Friday, April 6**

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

**\$18 or \$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.