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

SCHEDULE May 1 - June 23

No class on Saturday, May 26

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.

CHAIR YOGA with Paula **NEW CLASS!**
YIN YOGA with Dorian

WEDNESDAY

6:30 - 7:45 p.m.

BEGINNER YOGA with Kristine

THURSDAY

9:30 - 10:45 a.m.

6:00 - 7:15 p.m.

THERAPEUTIC YOGA with Dorian
ENERGIZE AND RESTORE with April

FRIDAY

9:30 - 10:140 a.m.

PILATES with Jillian

SATURDAY

10:00 - 11:15 a.m.

MOVEMENT, MEDITATION, AND RELAXATION
with Dorian **NEW CLASS!**

Chair Yoga A fun, light, and supportive practice to build strength, stamina, and balance with the support of a chair to sit or balance on. If getting up and down from the floor is not possible for you, this is an accessible yoga 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.

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!

Movement, Meditation, and Relaxation includes stretching, meditation instruction, seated meditation, and relaxation.

8-Week Class Series	1X/week \$ 96.00
	2X/week 144.00
Saturdays Only	84.00
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	70.00 full hour/40.00 half hour
Thai Yoga Massage	65.00 full hour/35.00 half hour
Yoga Therapy Session	75.00

Upcoming Events

Information and registration available online.

**Introduction to Pranic Healing,
(A system to balance, harmonize, and transform energy.)**

With Pat Dillon

Sunday, May 6

2:00 - 3:30 p.m.

\$18/\$20 at the door

Join us for a dynamic presentation and experience of energy:

Physical exercise to facilitate sensing of energy.

Meditation on Twin Hearts.

Sensing and activating energy in the hands.

Scanning energy.

Sweeping, energizing, and stabilizing pranic energy.

Discussion of chakras.

Healing selves of stress and minor maladies.

Gong Sound Meditation

With Eileen Kubilus

Friday, May 11

7:00 - 8:00 p.m.

\$20

A Gong Bath is a sound meditation performed with gongs and various instruments such as bowls and chimes. Your participation involves showing up, getting comfortable and allowing your worries to drift away. Please bring a yoga mat, and a favorite blanket and pillow for an extended period of lying on the floor. You may use one of our folding chairs if lying on the floor is uncomfortable.

As you allow the healing vibrations of the gong to wash over you:

Release tension and energetic blocks in the body, increase prana, experience deep rest and a renewed sense of well-being.