

our mission

we believe in possibility.
 we believe that lives can change.
 we believe the practice of yoga can transform
 how we see ourselves and the world around us.

we offer quality yoga instruction through a variety
 of classes and events for students of all abilities.
 discover the many benefits of yoga in your life.
 come and be inspired.



intelligent. transformative. effective.

what to expect

- sign up** reserve your space in class online or on app
- arrival** come 10 minutes early to check in & prepare
- courtesy** silence cell phones to minimize distractions
- equipment** all studios are supplied with props you may need for class
- inform** let your instructor know of any physical conditions, both past & present



find your program

we offer a variety of ways to help you find a practice to
 fit your lifestyle. if you are new to our studio, just
 visiting, have a favorite class or love them all, let us
 help you find a program.

memberships

dedicate

monthly	<i>per month for 12 months</i>	108
annual		1188

*all memberships are for unlimited classes & also include:
 20% discount on events, private lessons & merchandise*

packages

explore

intro	<i>new students - 2 weeks of unlimited classes</i>	30
4 class	<i>expires 1 month from start of first class</i>	64
unlimited - 1 month (student)	<i>with valid id</i>	99
unlimited - 1 month		150
unlimited - 3 month		390

singles

experience

drop-in		18
student	<i>with valid id</i>	10

*10% community discount available for drop-in singles:
 seniors, cma, k-12 faculty & higher education
 & mirus massage members (in-studio only)
 work/study opportunities available*

summer special

12 class enrollment \$168

**same weekly class & special drop-in rate of
 \$14 for any additional classes, offer ends 7/9**

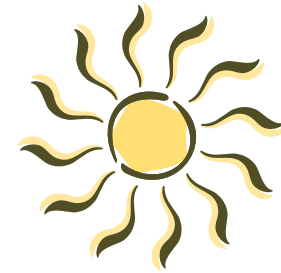
**all fees are non-refundable & all classes are non-transferable
 all no-shows will be charged for the class**



**we're in
 the heart
 of carytown**

learn more about us

- web** www.yogarichmond.com
- email** info@yogarichmond.com
- phone** 804.359.yoga (9642)
- app** yoga source-richmond



yoga source

class schedule

summer 2017

june 26 - september 17

12 week session

**closed tuesday, 7/4 - independence day
 & sunday-monday, 9/3-4 - labor day**

*intelligent.
 transformative.
 effective.*

3122 west cary street suite 220
 richmond va 23221
 804.359.9642
www.yogarichmond.com

class schedule

monday

830-10 am	yogaworks flow	2+	yaco
9-1015 am	yogabuild	1.5	heather c
515-615 pm	core flow	1.5	michael
530-7 pm	iyengar	1.5	myra
6-715 pm	yin	1	heather c
715-815 pm	iyengar	1	myra

tuesday

830-945 am	vinyasa flow	1.5	lynne
930-1030 am	yogabasics	1	paula
430-530 pm	vinyasa flow	1	paula
5-6 pm	yogabarre*	1.5	tia/heather z
615-730 pm	vinyasa flow	1.5	heather c
630-8 pm	prenatal	1	mary jo

wednesday

7-8 am	vinyasa flow	1.5	julie
830-930 am	yogabarre*	1	stephanie
930-11 am	gentle w/restoratives	1	lynne
515-615 pm	core flow	1.5	tia/julie
6-730 pm	iyengar	2+	myra
630-730 pm	vinyasa flow	1	michael
630-745 pm	yin	1	hillary

thursday

830-945 am	vinyasa flow	1.5	lynne
930-1030 am	yogaworks flow	1	yaco
5-615 pm	yin	1	hillary
5-6 pm	yogabarre*	1.5	tia/heather z
615-730 pm	vinyasa flow	1.5	michael
630-745 pm	kundalini	1	holly
630-8 pm	prenatal	1	lynne

summer 2017

friday

9-1015 am	yogabuild	1.5	heather c
930-1030 am	yogabasics	1	paula
5-6 pm	yogabarre*	1	stephanie
515-615 pm	core flow	1.5	yaco

saturday

9-1030 am	gentle w/restoratives	1	hillary
1030-1130 am	yogabarre*	1	stephanie
1045-1215 pm	vinyasa flow	2+	heather c
1230-130 pm	community <small>free! 7/22, 8/26, 9/23 only</small>	1	staff

sunday

945-1045 am	vinyasa flow	1	heather z
11-1215 pm	yogabuild	1.5	heather z
4-530 pm	gentle w/restoratives	1	bekah
430-530 pm	core flow	1.5	julie

*online registration required for all yogabarre classes



**we also offer special events & workshops
please check our website for details**
[download our mobile app! yoga source - richmond](#)

find your style

based on your needs, goals & even your mood, we encourage you to explore our diverse styles & to work at your own level. discover how a consistent & balanced practice can transform you, both inside & out.

get moving

build heat and move with your breath
core flow, vinyasa flow, yogabarre, yogaworks flow

integrate

bring it all together - body, mind and spirit
iyengar, kundalini, yogabasics, yogabuild

slow down

de-stress, relax, encourage healing
gentle w/ restoratives, prenatal, yin

find your level

our levels are intended to guide you safely, effectively & intelligently. all of our classes are taught with this progression in mind. there's a lot to learn at every level.

level 1 = beginner/all levels

the place to start as a new student or student new to a style we offer. get familiar with foundational postures, breath work and relaxation techniques to gain ease and confidence. classes are taught to get you strong and flexible by moving with mindfulness and intelligence.

styles offered at this level

- *get moving: vinyasa flow, yogabarre*
- *integrate: iyengar, kundalini, yogabasics*
- *slow down: gentle w/restoratives, prenatal, yin*

level 1.5 = adv beginner - intermediate

continue to build your strength and flexibility as you incorporate your foundation with more challenging postures. refine your awareness with classes that teach effective sequences with clarity and precision; modifications and variations will be offered.

styles offered at this level

- *get moving: core flow, vinyasa flow, yogaworks flow*
- *integrate: iyengar, yogabuild*

level 2+ = intermediate - advanced

for the experienced student with a solid foundation, precise understanding of body alignment, and refined awareness. stay inspired with these dynamic classes offering more advanced postures and a deeper understanding of yoga philosophy. explore your potential, transform your self.

styles offered at this level

- *get moving: vinyasa flow, yogaworks flow*
- *integrate: iyengar*

[visit our website for complete class descriptions](#)