



yoga source

intelligent
transformative
effective

spring
2018

april 2 - june 24

12 week session

closed: mon, 5/28 for memorial day

3122 west cary street suite 220
richmond va 23221
804.359.9642

www.yogarichmond.com

mon	tue	wed	thu	fri	sat	sun
845-10 am align+refine 1.5 yaco	830-930 am wake up+flow 1.5 lynne	845-10am wake up+flow 1.5 danny	830-930 am wake up+flow 1.5 lynne	9-1015 am align+refine 1.5 heather z	845-10 am relax+restore 1 hillary	945-1045 am flow basics 1 heather z
1015-1115 am stable+strong 1 yaco	930-1030 am hatha basics 1 paula	930-11 am relax+restore 1 lynne	930-1030 am align+refine 1 yaco	930-1030 am yoga barre* 1 celine	930-1045 am fire+flow 2 tia/wicki	10-1045 am itsy bitsy saplings dorota
515-615 pm core flow 1.5 michael	930-1030 am yoga barre* 1 heather z	930-11 am prenatal 1 susan	930-1030 am yoga barre* 1 heather z	930-1030 am hatha basics 1 paula	1015-1115 am hatha basics 1 heather c	11-1145 am itsy bitsy seeds dorota
545-715 pm prenatal 1 susan	430-530 pm flow basics 1 paula	515-615 pm core flow 2 tia	5-615 pm yin 1 hillary	515-615 pm core flow 1.5 yaco	1030-1130 am postnatal mommy+me 1 hillary	11-1215 pm align+refine 2 heather
6-715 pm yin 1 lynne	515-615 pm yoga barre* 1 tia	6-730 pm align+refine 2 paula	515-615 pm yoga barre* 1 tia			1230-130 pm community <i>free* 4/29, 5/20, 6/24</i>
630-730 pm hatha basics 1 celine	6-730 pm prenatal 1 hillary	615-730 pm yin 1 hillary	615-730 pm fire+flow 1.5 michael			330-415 pm family 1 jennie
	615-730 pm fire+flow 1.5 lynne	630-730 pm flow basics 1 michael	630-730 pm stable+strong 1 celine			4-530 pm relax+restore 1 kc
			630-745 pm kundalini 1 holly			430-530 pm core flow 2 julie

pre-registration required for community, self-defense and yoga barre classes

what do you need in your life?

get moving

core flow® stabilize your abdominal, pelvic and spinal muscles with a variety of "core-centric" postures, breath, and movement.

fire+flow ignite your inner fire with warming, vinyasa flow sequences combined with controlled breathing to produce a moving meditation.

flow basics a foundational vinyasa class offering basic postures, breath work and relaxation.

wake up+flow an energetic blend of sun salutes, standing postures, backward and forward bends to awaken your morning.

yoga barre a whole body workout incorporating yoga postures, isometric movements, and ballet-based dance conditioning exercises.

integrate

align+refine inspired by the yogaworks method, experience a blend of precise instruction, alignment with breath and fluid movement.

community a free class to sample our diverse styles and instructors.

family designed for kids ages 5+, explore a variety of physical postures inspired by an adventurous story with animals and the natural world.

hatha basics a foundational hatha class exploring basic postures, breath work and relaxation.

kundalini a blend of rhythmic movements, pranayama, mantra and meditation.

stable+strong use the support of a chair to gain stability and strength, create space and increase body awareness.

slow down

itsy bitsy seeds foster early childhood development, learn to calm the fuss and promote healthy sleep patterns while bonding with your infant. *infants welcome 3-wks to pre-crawling.*

itsy bitsy saplings toddler-friendly yoga, games and play to relieve frustration, improve motor skills, and increase attention span to create an enriching child/parent activity. *toddlers welcome 19 months-4 yrs old.*

postnatal mommy+me for the postnatal mother wishing to focus on recovery after birth stabilizing abdominal, pelvic and spinal muscles. *babies welcome 6-wks to pre-crawling.*

prenatal start or maintain your yoga practice with nurturing postures and breath work for the expectant mother.

relax+restore ease your way into the body with gentle movements and restorative postures to alleviate stress and relax the nervous system.

yin release tension, lengthen muscles and reduce stress with long-held seated postures, breath work and silence.

what's your level?

level 1 = beginner/all levels

discover what your body can do with basic postures, breath work and relaxation.

level 1.5 = advanced beginner - intermediate

explore your strength and flexibility in intermediate poses such as forward bends, twists & backbends.

level 2 = intermediate - advanced

refine what you've learned and challenge yourself in advanced postures like inversions and arm balances.

coming to class

reserve your space in class through our website or download mindbody connect app.

arrive 10 minutes beforehand to check in and get set up for class.

silence cell phones to minimize distractions in the studio and lounge area.

inform your instructor of any physical injuries or limitations, both past and present.

fees & policies

we offer a variety of options to help you find a practice to fit your lifestyle. if you're new to the studio or a life-long practitioner, let us help you find your groove at yoga source.

discover the many benefits that yoga can offer you!

memberships

dedicate

monthly *per month for 12 months*

108

annual

1188

all memberships offer unlimited classes and 20% discounts on: events, private lessons & merchandise

packages

explore

out of town (visiting, non-local) 1 week unlimited

39

4 class *expires 1 month from start of first class*

72

unlimited - 1 month (student) *with valid id*

99

unlimited - 1 month

150

unlimited - 3 month

390

singles

experience

drop-in

20

family drop-in *10 per adult/ 5 per child*

10/5

student drop-in *with valid id*

10

10% community discount for seniors, cma, k-12 faculty, higher education & mirus massage members (in-studio only).

all fees are non-refundable; all classes are non-transferable.

practice with us!

2-wks of unlimited yoga only \$49
new, local students only

we're in the heart of carytown

inquire about our work-study program to trade your time for yoga!

web www.yogarichmond.com

email info@yogarichmond.com

phone 804.359.yoga (9642)

