

Healing Yoga

Dorian Abel, MS, RYT, RMT



610-369-0831

dorian@healingyogapa.com

www.healingyogapa.com

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

YOGA CLASS SCHEDULE November 8 - December 22

No classes on Thursday November 24 & Saturday November 26

TUESDAY

9:30 - 11:00 a.m.

MODERATE CLASS

TUESDAY EVES = "TUESDAY MIX"
WORKSHOPS

See other side or check the website!

WEDNESDAY

6:30 - 7:45 p.m.

BEGINNER

THURSDAY

9:30 - 10:45 a.m.

THERAPEUTIC YOGA

6:00 - 7:15 p.m.

MODERATE CLASS

SATURDAY

10:00 - 11:30 a.m.

ALL LEVEL CLASS

Moderate Classes are for continuing students. An inspiring and rejuvenating practice that combines flowing and sustained poses, breathing practice, relaxation, and meditation techniques to create openness and steadiness in mind and body.

Beginner Classes Learn basic postures, breathing, awareness, and relaxation techniques.

Therapeutic Yoga A healing and supportive practice for pain relief & recovery from illness, injury, or stress.

All Level Classes Start your weekend with a combination of flowing and sustained poses, breathing practice, relaxation, and meditation. Appropriate for beginner - intermediate students.

RATES

7-Week Class Series	1X/week	\$ 84.00
Thursday Classes	6 weeks	72.00
Saturday Classes	5 weeks	\$ 60.00
First Class for new students		FREE
Drop-in, space permitting		15.00

TUESDAY MIX AT HEALING YOGA TRY SOMETHING NEW THIS FALL.

First Tuesdays **September 6, October 4, November 1, December 6**
Reiki Shares **\$10 Suggested donation for Reiki Shares.**
7 – 9 p.m.

Second Tuesdays **September 13, October 11, November 8, December 13**
Yin Yoga **Tuesday Yoga Classes are \$15 drop-in or \$84 for all 7.**
& Yoga Nidra
6 – 7:30 p.m.

Fourth Tuesdays **September 27, October 25, November 22**
Restorative Yoga **Tuesday Yoga Classes are \$15 drop-in or \$84 for all 7.**
& Meditation
6 – 7:30 p.m.

Name _____ **Phone** _____

Address _____

Class(es) _____ **Amount**
enclosed _____

**Please send check to Dorlan Abel at PO Box 13, Bechtelsville, PA 19505
Or you can register online.**