

Healing Yoga

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

YOGA CLASS SCHEDULE January 3 - February 25

TUESDAY

9:30 - 11:00 a.m.

7:00 - 9:30 p.m.

6:00 - 7:00 p.m.

MODERATE CLASS

FIRST TUESDAYS - REIKI SHARES

OTHER TUESDAYS - CANDLELIGHT
STRETCH*

WEDNESDAY

6:30 - 7:45 p.m.

BEGINNER

THURSDAY

9:30 - 10:45 a.m.

6:00 - 7:15 p.m.

THERAPEUTIC YOGA

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.

*Candlelight Stretch is a special class for the wintry months. A soothing practice focused on practices for better sleep. This is a \$12 drop-in class. Does not meet on first Tuesdays of the month due to our monthly Reiki Share.

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

8-Week Class Series	1X/week	\$ 96.00
	2Xweek	160.00
"Candlelight Stretch"	Drop-in	12.00
First Class for new students		FREE
Drop-in, space permitting		15.00
Reiki Treatment		60.00
Yoga Therapy Session		70.00

Inner Stillness: A Winter Meditation Retreat

With Dorian Abel & Greg Schweitzer

January 27 - 29, 2012 at the Mariawald Renewal Center

Bring peace to the mind, renew the body & awaken spirit.
Enjoy the serenity of nature and joy of community.

Your facilitators will lead discussions and gentle sessions of yoga postures, breathing, relaxation, and meditation.

Contact Dorian for more info or check the website!

Name _____ **Phone** _____

Address _____

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

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