

Healing Yoga

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

YOGA CLASS SCHEDULE March 8 - May 1

No classes on Saturday, April 3

MONDAY

6:30 - 8:00 p.m.

LIVING YOUR YOGA

TUESDAY

9:30 - 11:00 a.m.

MODERATE CLASS

6:00 - 7:30 p.m.

FIRM BODY & QUIET MIND

WEDNESDAY

6:30 - 7:45 p.m.

BEGINNER

THURSDAY

9:30 - 10:45 a.m.

GENTLE YOGA

6:00 - 7:15 p.m.

BEYOND BEGINNER

SATURDAY

9:00 - 10:30 a.m.

MODERATE

11:00 a.m. - 12:15 p.m.

GENTLE YOGA

Living Your Yoga Along with yoga postures, breathing and guided meditations, explore yoga philosophy and how to apply it to everyday life for greater peace and balance. Taught by Pam.

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

Firm Body & Quiet Mind Expand your physical practice through work on core & upper body strength, and deepen your understanding & experience of meditation.

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

Beyond Beginner Yoga Broaden your repertoire of postures and breathing practices, begin to link poses together, and deepen the effects of yoga in your life.

Gentle Yoga A mild and supportive practice for pain relief & recovery from illness or stress.

RATES

8-Week Class Series	1X/week	\$ 96.00
	2X/week	160.00
	3X/week	216.00
Saturday classes, 7 weeks		\$ 84.00
First Class for new students		FREE
Drop-in, space permitting		15.00
Yoga Therapy Session		70.00
Reiki Treatment		60.00

Directions to Healing Yoga

The center is located on E. Main St./Route 724 in Douglassville, about 2 miles east of Birdsboro.

From POTTSTOWN AREA VIA ROUTE 422

Take Route 422 WEST and proceed through the traffic light at the intersection of Routes 422 and 662 (at Michael's Restaurant) as you come off the bypass. Continue on 422 West for almost 2 miles. Turn LEFT at Monocacy Creek Rd. and continue for about 3/4 mile. Turn LEFT onto MAIN ST. and continue for about 1/2 mile. Turn RIGHT onto E. MAIN ST./SCHUYLKILL RD. /PA-724. You will soon see the DANIEL BOONE KINDERGARTEN CENTER on your right, followed by several houses and then HEALING YOGA, a small white building on your right.

From POTTSTOWN AREA VIA SCHUYLKILL RD./ROUTE 724

Drive WEST on SCHUYLKILL RD./ROUTE 724 and continue beyond the COVENTRY MALL for about 6.5 miles. Shortly before HEALING YOGA you will see the DANIEL BOONE KINDERGARTEN CENTER on your right, followed by several houses and then HEALING YOGA, a small white building on your right.

From READING AREA VIA ROUTE 422

Drive EAST on Route 422. Turn RIGHT on to Route 82 SOUTH toward Birdsboro. At the traffic in Birdsboro turn LEFT onto PA-724 EAST/E. Main St. HEALING YOGA is about 2 miles down the road on your left hand side. You will pass Monty's Mulch and Moyer's hardware shortly before you come to HEALING YOGA, a small white building on your LEFT.

From READING AREA VIA ROUTE 724

Take ROUTE 724 EAST to the traffic light at Route 82 in Birdsboro. Turn RIGHT and then LEFT at the next light onto PA-724 EAST/E. Main St. HEALING YOGA is about 2 miles down the road on your left hand side. You will pass Monty's Mulch and Moyer's hardware shortly before you come to HEALING YOGA, a small white building on your LEFT.

Name _____ Phone _____

Address _____

Class(es) _____ Amount Enclosed _____

Please make out check to Dorian Abel & send to PO Box 13, Bechtelsville, PA 19505
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