

# YOGA FOR LIFE STUDIO

190-1 Belle Meade Road, Setauket, NY 11733  
631-941-9642 - Website: [www.yogaforlifeohm.com](http://www.yogaforlifeohm.com)

## MONDAY

9:30 am **	Jacqui	Yoga Journey
4:00 pm *	Marie	Kripalu Extra Gentle Yoga
5:45 pm **	Michele	Pranic Movement Yoga
7:30 pm ***	Kate <b>HOT</b>	Hot Hot Hot Flow Yoga

## TUESDAY

7:00 - 8:00 *	Alice	Gentle Loving Kindness to the Body
9:45 am *	Marie	Kripalu Extra Gentle Yoga
11:45-12:45 *	Maryanne <b>Shake Your Soul</b>	Qi-Gong, Lymph, Organ, Gland Flow
5:30 pm ***	Lori	Yoga Immerse
7:30 pm ***	Lori <b>HOT</b>	Hot Ashtanga Practice

## WEDNESDAY

6:30 -7:30am *	Joy <b>HOT</b> Beginners	Feel the HEAT 33Asanas for your Health
9:30 am**	Jacqui	Embracing Yoga
4:30 45 min.*	Jen Pav	Tween Yoga
5:30 pm*	Alice, MaryEllen, Lois&Jen	Rotating teachers Restore You
7:30 pm**	Mitesh	Dharma Mittra Yoga
9:00 pm *	Jena <b>HOT</b> Beginners	Feel the HEAT 33 Asanas for your Health

## THURSDAY

9:30 am*	Kate	☺ Revitalizing Yoga
12:00 45 min.*	Jen Pav	Lunch Time Gentle Yoga
5:30 pm***	Lori	Yoga Immerse
7:30 pm**	Kate <b>HOT</b>	Hot Yoga To Cleanse & Detox

## FRIDAY

6am - 7am ** 1 Hour	Kate <b>HOT</b>	Hot Invigorating Yoga Flow
9:30 am *	Lori	Awakening Your Energy to Alignment
12:30-1:15 pm *	Maria	45 min of Gentle Lunch Time Yoga
4:30- 5:15 pm	Jen Pav	Kids Yoga
6:00 pm**	Jacqui	Yoga Journey
8:00 pm	Reiki - Meditation Every Third Friday of the Month	

## SATURDAY

7:30 am **	Lori	Deepening Your Yoga Practice
9:00 20 MIN SESSION until 9:45	Connie Tjaden - Only \$25	Community Acupuncture
10:00 am**	Lois	Let Your Body Flow
11:45 am *	Joy	Gentle Healing Yoga

## SUNDAY

8:45 am**	Jacqui	Yoga Journey One Breath at a Time
10:30 am*	Mahiuddin	Naam Yoga
7:00 pm*	Kitti	Kripalu Yoga
8:30 pm 1 Hour	Meditation on the First Sunday of the Month with Phillip Powell	

\* Gentle Indicates class comfortable for Beginner Students and Women who are pregnant  
 \*\* Moderate Indicates acceptable for the Experienced Student who has attended at least 30 one \* classes  
 \*\*\* Advanced Asana postures are held for longer durations&intensity. Vinyasa is more Vigorous. Pranayama is practiced in depth. Students are expected to have an authentic understanding of their own capabilities and physical limitations.

**Reflexology contact Jacqui 631-258-9985. Massage Therapy contact Kelly 516-381-0276.  
 Pre/Post-Natal Yoga contact Kate 631-379-1382. Mommy & Me Yoga contact Alice 631-689-2841.  
 Tween Yoga contact Jen 631-275-1368.**

♥♥♥ Awaken Your Energy ♥♥♥

Price Schedule:

Walk-Ins \$20~~~10 Card \$130~~~Monthly Unlimited \$150~~~Yearly Unlimited Available  
Kids Yoga~~~\$10.00 per class (2 or more children per family will cost \$8.00 per child per class)

Yoga Class Guidelines

~If you arrive late please enter quietly.

~Let the Teacher know if you plan to leave early.

~Try not to eat for at least two hours before Class.

~Please turn off your cell phones, and kindly put them away.

If you must eat, have just fruit or protein bar.

~Wear loose clothes (T-shirt with shorts or sweat pants)

All Yoga Students are encouraged to have an open mind and open heart to substitute Teachers. Remember there is always something we can learn about ourselves thru a new journey.

Yoga In the one and two star classes students will be guided to work at their own pace with adjustments for each pose to accommodate the body and mind.

Flow Yoga: Yoga poses flow in a sequence from one to the next. vibratory, pranic, and rhythmic.

Yoga/Pilates: This Class combines Yoga and Pilates. The Yoga will help with your flexibility and teach you relaxation while the Pilates will help strengthen your abdominals and buns. This Class is for Beginner to Advanced Students.

Ashtanga Yoga: This is a vigorous style of Yoga that flows from one pose to the next. This Class is arranged in a set of series of postures that will build strength, flexibility and stamina. It is suggested that you build a basic knowledge of Yoga before taking this Class. Surya Namaskar, A & B Advanced Posture, Vinyasa Inversions and more.....

Kripalu Yoga: Kripalu combines breath work, postures and self acceptance to create a relaxing experience. The postures are guided for the experience of strength, stretching, self-awareness and to promote self healing.

Pranayama: The practice of Yoga Breathing Mindfulness.

Naam Yoga: Is the mother yoga of sacred sound, which bears light and life. Through healing music, mantra, mudra(energy locks), breath and asana, the wisdom, intelligence and healing power of the human body is awakened as one harmonizes with its original rhythm. Naam uniquely creates deep relaxation in the body, alertness and clarity in the mind, and sweetness in the heart.

Dharma Mittra: This practice brings flexibility to all muscles & joints of the body, It also wakes up the nervous system. The practice ends with Relaxation, Breathing, & Meditation exercises to remove impurities & bring a sense of well being to the body and radiant peace to the mind.

**Yoga Workshops & Private Yoga Available, Corporation and Lunchtime Yoga  
Reiki Circle Once a Month: Call for Schedule**

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