

YOGA FOR LIFE STUDIO

190-1 Belle Meade Road
Setauket New York 11733
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Website: www.yogaforlifeohm.com Also on Facebook

MONDAY

7:00-8:am*	ALICE (Beginners welcomed)	Gentle Yoga For Everybody
9:30 am **	JACQUI	Yoga Journey of Surya
4:00 pm-5:15*	DIANE / NANCY	Gentle Healing Movement Yoga
5:45 pm**	MICHELE	Shakti Yoga Flow
7:30 pm**	HOT KATE (1 st Monday core&bandha)	Enjoy the Energy of Yoga

TUESDAY

8:00 am**	TIM	Ananda Vinyasa Yoga
9:45 am *	JOY	Loving Yoga
4:00-5:15pm*	CONNIE TJADEN	Fun & Fit Yoga
5:30 pm***	LORI	Yoga Immersion of Chandra
7:00 pm	CONNIE TJADEN Only \$25	Community Acupuncture
7:30 pm***	LORI	Ashtanga Practice

WEDNESDAY

6:30 -7:30am *	NANCY (Beginners welcomed)	Hatha Yoga
9:30 am**	JACQUI	Essential Energy of Yoga
12:00-12:45*1/2 (\$10)	LOIS	Embracing your life with Yoga
4:30 45 min.*	JEN PAV	Tween Yoga
5:30-6:45 pm*	MARYELLEN,LOIS,JEANNIE&LAURIE	Rotating teachers Peaceful Yoga
7:00-8:15 pm**	TIM	Living Your Yoga with Ananda Practice
8:30 pm *	HOT JOY (Beginners welcomed)	Cultivating Positive Energy with Yoga

THURSDAY

9:30 am*	KATE	☺ The Gems of Yoga
5:30 pm**	LORI (1 st thur. Yin Yoga/Yoga Nidra)	Immersion of Healing Movement

THURSDAY WORKSHOPS ARE POSTED ON THE BULLETIN BOARD AT YOGA FOR LIFE STUDIO

FRIDAY

9:30 am *1/2	LORI	Awakening Your Energy to Alignment
11:15 20min sessions	CONNIE TJADEN Only \$25	Community Acupuncture
12:30-1:30 pm * (\$10)	KITTI	Kripalu Gentle Yoga
4:30- 5:15 pm	JEN PAV	Kids Yoga
6:00 pm	JACQUI	Yoga Trance of Happiness (1 hr yoga, 15 min. each Meditation& Savasana)

SATURDAY

7:15 am**	HOT LORI	Barkan Method Hot Yoga
9:00 am**	LOIS	Let Your Body Flow
10:30 am*	MAHIUDDIN	Naam Yoga (spiritual class)
11:45 am*	JOY (Beginners welcomed)	Gentle Yoga For Your life

SUNDAY

7:30-8:30am*	LAURIE F, KITTI& BODYWORK BY YOGI TIM	Gentle Love Peace & Light Yoga
8:45 am**	JACQUI	Essential Energy of Yoga
10:30am*	KATE	Yoga & Pilates
7:00 pm*	KITTI	Essence of Kripalu Gentle Yoga

ONCE A MONTH REIKI CIRCLE CALL STUDIO FOR DATE

- * 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 & physical limitations

Massage, Acupuncture, Reflexology, Reiki, & Harmonyum Healing
Healing Movement Yoga Teacher Training
Reiki level 1 & 2 and Mastership Certification
Pre-Natal/Post-Natal Yoga
Kids & Tween Yoga
Meditaion

Price Schedule:

Walk-Ins \$20~~~10 Card \$135~~~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, & Rhythmic.....

Barkan Method: The Barkan Method is a style of Hatha yoga. The practice brings vital balance & restores all systems to optimal health. Classes are practiced in a heated room to strengthen various areas of the body, consistency will create a physical, mental & spritual harmony that will be felt in all areas of the practitioner's life

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.

Ananada Yoga: 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