Rishi Yoga & Wellness

Award-Winning Yoga

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YOUR WINTER PRACTICE • DEC 2026–FEB 2027

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY*
9:00 - 10:00 AM NEW TIME	Traditional Yoga • Emily Rishi LIVE		Traditional Yoga • Emily Rishi LIVE		Traditional Yoga • Emily Rishi LIVE	Traditional Yoga • Ashlay *2nd Sat • 10:30am Rishi LIVE
10:30 - 11:30 AM						Aerial Yoga Emily/Ashlay *2nd Sat • 9:00am
5:30 - 6:30 PM		Traditional Yoga • Ashlay Rishi LIVE		Traditional Yoga • Ashlay Rishi LIVE		

Traditional Yoga *All Levels Welcome* **Aerial Yoga** *Registration Required* **Livestream Available**

WINTER CLOSURE

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December 23–26
No classes

MAKE YOGA PART OF YOUR WEEK

BECOME A MEMBER
Unlimited Yoga • $90/month
Studio Yoga + Full Rishi LIVE Access
Member Perks & Discounts

NEW TO RISHI?
Start with a drop-in class • $25
Join the membership and your class is FREE!

PRACTICE YOUR WAY
Rishi LIVE (*try one week free*) • Class passes • Private packages

SCAN TO EXPLORE

578 Chesapeake Drive, White Stone, VA 22578 | 804-456-8030 | rishiyogaandwellness.com

Welcome TO YOUR PRACTICE

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At Rishi Yoga & Wellness every class is designed to help you build a lifelong Yoga practice. Whether you're new or experienced, you will find the support & authenticity you need to grow.

You are exactly where you need to be. We're glad you're here.

WHAT TO EXPECT

YOUR FIRST VISIT

- Arrive 10 minutes early
- Wear comfortable clothes
- Mats & props available
- No flexibility required
- Everyone is welcome!

OUR CLASSES INCLUDE

- Mindful movement
- Breathwork (Pranayama)
- Yoga philosophy
- Meditation & Mantra
- Connection + Q&A

WHAT IS TRADITIONAL YOGA?

Our **Traditional Yoga** classes for **All Levels** follow time-tested practices that care for the body, develop awareness, and prepare the practitioner for meditation. Every movement is paired with the breath, building a foundation for physical well-being, inner balance, and stillness.

No two classes are quite the same. Each is thoughtfully shaped by the rhythms of the seasons and lunar cycles. Classes begin with breathwork and sound, progress through purposeful warm-ups into the sequence of the day, and close with therapeutic cool-down and relaxation.

Modifications and props offer options to make movements more accessible or challenging, depending on your needs that day. Whether you're learning a posture for the first time or exploring an advanced variation, we'll guide you through a safe, effective practice that supports your journey toward becoming *your healthiest self*.

Small classes. Deep roots. A practice that evolves with you.

MEET YOUR INSTRUCTORS



Ashlay

Yoga Acharya

Traditional, All-Levels

Brings passion and depth to an authentic, dynamic practice.



Emily

Yoga Instructor

Traditional, All-Levels

Guides a steady, intentional practice that cultivates awareness.

WHY STUDENTS LOVE RISHI YOGA

MIND, BODY, & SOUL

STRESS RELIEF & CLARITY

AFFORDABLE MEMBERSHIP

CONTINUE ANYWHERE

Rishi LIVE • 1-week free trial

IS RISHI YOGA FOR YOU?

- ✓ Complete beginners
- ✓ Experienced practitioners
- ✓ Athletes
- ✓ Busy professionals
- ✓ Recovering mobility
- ✓ Seniors
- ✓ Less stress, more peace
- ✓ Anyone seeking authentic Yoga

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Join Here

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