



Rishi Yoga  
& Wellness  
Yoga for Everyone

Rishi Yoga & Wellness  
Yoga School & Healing Center (Top Floor)  
Three Little Birds NNK Boutique  
15170 Northumberland Hwy,  
Burgess, VA 22432



bodyfit

March 2023

Props are available. Please bring your own Mat.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 AM** Hatha		7 AM** Ashtanga/Hatha Fusion		7 AM** Hatha		
8 AM Pre-Natal Yoga	8:30 AM** Hatha	8 AM Pre-Natal Yoga	8:30 AM** Hatha	8 AM Pre-Natal Yoga	8:30 AM All Levels Yoga	
9 AM* Gentle Hatha		9 AM* Gentle Hatha		9 AM* Gentle Hatha		
	10 AM* Gentle Hatha		10 AM* Gentle Hatha			10 AM All Levels Yoga
					*Beginner **Intermediate	
4:15 PM Intro to Meditation	4:15 PM Reiki Healing	4:15 PM Meditation	4:15 PM Meditation	4:15 PM Meditation		
5:30 PM** Hatha	5:30 PM* Gentle Hatha	5:30 PM** Hatha	5:30 PM** Hatha	5:30 PM** Ashtanga/Hatha Fusion	New Class!	5 PM** Aerial Yoga

Healing Center
  Three Little Birds
  BodyFit, White Stone
  The Slips // Kinsale

**STUDIO CLOSED Mar. 1 - Mar. 5**

See next Page for Class Descriptions, Prices, Packages & Available Discounts

**Special Events & Services:**

- ❖ Saturday Mar. 11 Holi Celebration! - Hindu Center of Virginia, 11 AM - 3 PM. Please bring money for colors, donation, & parking. RSVP for carpool arrangements.
- ❖ Throughout the month & season change we will be teaching proper Neti cleansing techniques. Please bring your Neti Pot to any class if you wish to learn.

**Private Services: Yoga Therapy, Reiki Healing, Thai Yoga, Yoga Philosophy, Meditation. Home Service, Private Groups, & Events. Packages Available!**

Details, Bookings & Availability Call 804-456-8030 or visit [www.rishiyogaandwellness.com](http://www.rishiyogaandwellness.com)

## Class Descriptions (see website for full descriptions):

**\*REGISTRATION REQUIRED**

Please Note - All are welcome in any of our classes! Descriptions & experience levels are provided to help our regular practitioners grow their Sadhana & provide entry points for new students curious about our offerings. Each class always features 2 instructors who will safely guide you towards healing & transformation. Sessions are aligned with the current Lunar Cycles & always feature hands-on adjustments, pranayama, mantra, & more.

- ❖ **Hatha:** Traditional Hatha Yoga. Each class will be different. Focus on opening specific areas of the body & upgrading your practice physically, mentally, energetically, & cosmically.
- ❖ **Gentle Hatha:** Perfect for brand new practitioners or those wanting to focus their practice on healing & mobility. Take your time as you learn the ideal alignment & modifications for you.
- ❖ **Ashtanga/Hatha Fusion:** The addition of Ashtanga principals brings the focus of this class to improved strength and endurance. Challenging, energizing, & cleansing.
- ❖ **All Levels Yoga:** Dynamic and tailored to you. You will gain knowledge of authentic yoga along with the transformative physical & spiritual benefits of the practice. Leave each class feeling refreshed and centered.
- ❖ **Pre-Natal Yoga:** For expecting & intending Mothers, students experiencing their menstrual periods also encouraged to attend. Learn traditional Indian Yogic methods for a joyful, healthy pregnancy.
- ❖ **Aerial Yoga\*:** Learn to use suspended silk hammocks to gently deepen your yoga asana (postures), release spinal tension, and have some fun.
- ❖ **Intro to Meditation\*:** What is Meditation? Learn and/or refresh your understanding of Meditation basics & be guided in an entry level meditation practice to carry you deeper into the week.
- ❖ **Reiki Healing\*:** Learn about & experience Reiki Healing energy from 2 Reiki Grand-Masters. We will guide you in Chakra balancing techniques and help you connect with the healing energy of your palms and Samana Vayu.
- ❖ **Meditation\*:** Explore & deepen your Dharana (One-Pointedness) & Dhyana (Concentration). There are 112 ways to go into meditation. Our space and practices are curated to energetically support you as you seek to add depth & fulfillment to your experience of Life.

## Pricing & Booking Details:

- ❖ Three Little Birds & Healing Center:
  - \$20/Class, Teenagers 12-17 Free
  - 10 Class Package: \$175, Valid for 6-Weeks, Non-Transferable
  - Discounts: Military (30%), Senior 62+ (15%), Local Heroes (15%)
- ❖ BodyFit:
  - Tue/Thu: Please arrange payment and registration through the gym: (804) 436-2214
  - Saturday: \$15/Class or \$50/4 Classes. Register & Pay Online or Drop-In.
  - Aerial Yoga: \$40/Class. Online Registration Required, 5 Person Limit.
- ❖ The Slips // Kinsale:
  - \$20/Class, Teens Free. Online Registration Required, 6 Person Minimum.



**Rishi Yoga  
& Wellness**  
Yoga for Everyone

**Contact: 804-456-8030 | [www.rishiyogaandwellness.com](http://www.rishiyogaandwellness.com)**