



# Rishi Yoga & Wellness

## Traditional Yoga for Transformation

### March 2026: Weekly Schedule

**FINAL CALL:**  
Retreat to India  
October 2026  
Closing in April

**Happy Holi &  
New Year!**  
Special Classes: 3rd &  
19th @ 5:30pm  
**Festival of Colors**  
March 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 - 8 AM	Traditional Yoga**				Traditional Yoga	
8 - 9 AM			Traditional Yoga			Traditional Yoga (14th @ 7am)**
9:30 - 10:30 AM						Aerial Yoga
5:30 - 6:30 PM		Traditional Yoga		Traditional Yoga**		

- ★ All classes: Taught by lead teachers Ashlay & Emily Chawla
- ★ **Traditional Yoga:** See next page for details, format, & sequencing
- ★ **\*\*Livestream Capable:** registration required online
- ★ NEW: Mondays 5:30pm *Morattico Baptist Church*, please inquire
- ★ **Coming in April:** Sunrise/Sunset Meditation, Online Pranayama Course, Intro to Aerial Yoga, & Boulder, CO! | **Sign-Ups OPEN**

578 Chesapeake Drive, White Stone VA 22578 | 804-456-8030  
[www.rishiyogaandwellness.com](http://www.rishiyogaandwellness.com)

Drop-In: \$25 or *first class free with membership enrollment*

**Best Value:**  
**Membership: \$90 + lots of extras!**

NEW: Rishi LIVE \$39 & Rishi Live+ \$49

Class Passes:  
10 for \$170 | 5 for \$88 | 3 for \$54

Private: \$100/hour (Members \$85)

# Traditional Yoga: Designed for Transformation



Traditional Yoga classes feature Yogic practices in various styles with the primary style being Hatha Yoga. Hatha yoga refers to physical movement, breathing exercises, one-pointed & concentration techniques including chanting\*, and lecture. You can expect sessions that warm the body and focus the mind to aid in healing, increase flexibility, and build strength gradually over time. Intrinsically suitable for everyone, easily adaptable for beginner, intermediate, or advanced practitioners. Traditional Yoga practice is dynamic, changing with the lunar, and other Indian, calendars, the seasons, and the personal requirements of the practitioners. This is in order to remain authentic in its intention: to prepare the practitioner for meditation. For best experience, shower/rinse prior to class, arrive hydrated with an empty/light stomach, and practice consistently.

\*Chanting is performed in Sanskrit. It is **non-religious** and all faiths are welcome. Both Yoga & Hinduism stem from the same community of Spiritual seekers in ancient India. Therefore mantras will often reference what are now known as Hindu deities. Sanskrit chanting in a Yoga class is essential to honor the roots of the practice, create a conducive space, and link the practitioner to their own internal spiritual energy. It is not about names, religion, or conversion, it is about vibration, faith, & respect.

General format: (1) opening with Sanskrit chanting (2) therapeutic treatments + warm-ups (3) movement sequencing (4) grounded techniques (breathing, gestures, postures) for relaxation, concentration, & cool-down (4) closing chanting.

Examples of sequencing: Joint Movements & Salutations: Complete foundational body practice | Nervous, Respiratory, & Digestive systems: Give time to the bodies vital systems | Yoga Therapy: Heal, restore, & recover with therapeutic movement | YIN Yoga: Gentle practice with extended, supported, holding in postures | Back opening: Strong, healthy spine = strong, healthy Life | Hip & thigh opening: Splits preparation/practice. Safely improve flexibility & build strength | Inversions & Shoulder Opening: Safely, systematically work towards & improve your Head/Handstands & other inversions while increasing shoulder strength & flexibility and preventing injuries | Forward folding & twisting: Recover from back opening and/or improve forward flexion & target your obliques | Power Yoga: Core strength & arm balancing for building strength & focus | Warrior Series & Balancing: Take time curating focus & balance | Sivananda: Well-rounded, high intensity, advance practice including shoulder stand practice | Ashtanga: powerful & effective in building strength and increasing flexibility. The use of Ujjayi breathing keeps the body warm and mind focused | Vinyasa (flow): keep moving and flowing through a sequencing of postures paired with intentional breathing. Easily adjust the intensity of these sessions to meet your needs.

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