



Rishi Yoga & Wellness

Registered Yoga School

May 2024: Weekly Schedule

Subject to Changes Based on Participation

Special Dates & Events:

- No Classes May 20th
- Ekadashi: May 3, May 18
- New Moon: May 7
- Full Moon: May 22
- Save the Dates: Jun 1, 20 + 21

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 - 8 AM	Joint Movements & Salutations	Meditation & Cleansing // Reiki Healing & Chakra Work		Warrior Series & Balancing	Joint Movements & Salutations	
8 - 9 AM	Nervous, Respiratory, & Digestive Systems		Yoga Therapy		Forward Folding & Twisting	Hatha/Ashtanga Fusion
9:15 - 10:15 AM						May 4 & 18 Aerial Yoga
5:30 - 6:30 PM	Power Yoga: Core & Arm Strength	Hip & Thigh Opening		YIN Yoga + Yoga Nidra! // Back Bending	Inversions & Shoulders Opening	

Pricing Options *Discounts: Seniors 62+ & Local Heroes -15%, Military -30%

Monthly Membership*: \$250 | 10-Class Package: \$199 | Per Class*: \$25 | Private*: \$100/Hour

Key:
 “//” Alternating
 Entry Level
 New

Memberships & Registrations: www.rishiyogaandwellness.com