



Rishi Yoga & Wellness

Award-Winning Yoga • Massage • Meditation



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



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



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 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.

IS RISHI YOGA FOR YOU?

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

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

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

NEW TO RISHI?

Start with a drop-in • \$25

**Join the membership and your
class is FREE!**

*Join
Here*

