



Rishi Yoga
& Wellness

Yoga for Everyone

Rishi Yoga & Wellness

Center for Transformation

September 2023: Weekly Schedule

Subject to Changes Based on Participation

Special Dates & Events:

- Destination Meditation: Sept 10, 7:30 AM
- No Classes Sept 15 & 16
- Ekadashi: Sept 11, Sept 25
- Full Moon: Sept 29
- New Moon: Sept 15

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 - 8 AM	Joint Movements & Salutations	Joint Movements & Salutations		Forward Folding & Twisting	Joint Movements & Salutations	
8 - 9 AM	Nervous, Respiratory, & Digestive Systems				Warrior Series & Balancing	Sivananda (intermediate)
4:30 - 5:30 PM			Yoga Therapy			Entry-Level NEW!
5:30 - 6:30 PM	Power Yoga: Core & Arm Strength	Hip & Thigh Opening	Back Bending	YIN Yoga + Yoga Nidra!	Inversions & Shoulders Opening	Meditative & Cleansing Classes on Request & by Donation
6:30 - 7:15 PM			Aerial/Hammock Yoga			

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

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

Memberships & Registrations: www.rishiyogaandwellness.com