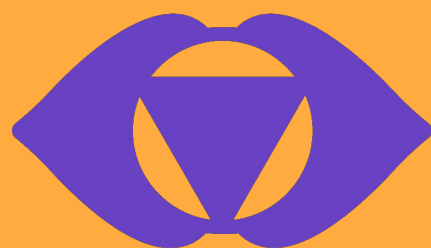


Rishi Yoga & Wellness

Center for Transformation



Rishi Yoga & Wellness

Yoga for Everyone

Service Catalog

Start Your Transformation Today



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Rishi Yoga
& Wellness
Yoga for Everyone

Bhakti

The Core of Yoga: Devotion

Available Options:

- ☒ Weekly Group Classes
- ☒ Private
- ☒ Online

Service Description



Twice daily, we engage in Devotional practices to maintain our studio as a sacred, consecrated space. We invite all students to join us in prayer at the studio Temple. Prayers follow the rituals of Sanatan Dharma, or way of life based on the experience of the World's most ancient Spiritual seekers. Hinduism, and many of the World's religions, are based in Sanatan Dharma and require no conversion or strict adherence. People of all Faiths are welcome to attend and will be honored.



Rishi Yoga
& Wellness

Yoga for Everyone

Joint Movements & Salutations

Complete Body Practice

Available Options:

- ☒ Weekly Group Classes
- ☒ Private
- ☒ Online

Service Description



The perfect class for everyone. We will start with joint movements to gently open and warm-up the body while improving mobility, flexibility, and ensuring safety in upcoming practices. There are plenty of modifications to make joint movements effective, challenging, and diverse for all levels of practitioners. We will then move on to our Salutations. We may practice Sun, Moon, Shiva, or Yoga Salutations in Hatha or Ashtanga styles and in a Vinyasa (flow) or more Traditional pace. Every session will vary according to the Solar/Lunar Cycles and the participants. Participants are always encouraged to follow at their own pace and take breaks when desired. Some sessions will focus on perfecting and going deep in postures while some will focus more on raising the heart rate and improving endurance.



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Yoga for Everyone

Specialized Group Classes

For Specific Body Areas & Systems

Available Options:

- ☒ Weekly Group Classes
- ☒ Private
- ☒ Online

Service Description



These specialized classes each have a particular purpose. They are thoughtfully planned out to give you a well-rounded practice with the consistency to see real results. Weekly classes include:

- ❖ Back opening: Strong, healthy spine = strong, healthy Life
- ❖ Hip & thigh opening: Safely improve flexibility & build strength
- ❖ Shoulder opening: Increase flexibility & prevent injuries
- ❖ Forward folding & twisting: Recover from back opening and/or improve forward flexion & target your obliques
- ❖ Core strength & arm balancing: Build strength & focus
- ❖ Inversions: Safely, systematically work towards & improve your Head/Handstands
- ❖ Warrior series & balancing: Take time curating focus & balance
- ❖ Nervous, respiratory, & digestive systems: Give time to the bodies vital systems
- ❖ Sivananda: Well-rounded, high intensity, advance practice including shoulder stand practice.

Meditation & Cleansing

Level Up Your Practice

Available Options:

- ☑ Weekly Group Classes
- ☑ Private
- ☑ Online

Service Description



It's time to add even more Authenticity & Enhancement to your Yogic Practices and your Life. Dive deeper into what being a Yoga Practitioner is really about. These techniques are highly effective, but very challenging. Consistency is often the limiting factor, that is why we have carefully planned out these sessions to give you effective results with speed and grace. Weekly classes include:

- ❖ Neti & Tratak: Sinus cleansing & a cleansing practice of the eyes using the flame of a candle. Both practices incorporate breathing & meditation.
- ❖ Pranayama: Breathing techniques alternating with rest periods & followed with meditation.
- ❖ Bhajan: Vibrant Devotional singing using instruments.
- ❖ Mantra: Study, practice, & experience the vibration of sacred Sanskrit Mantras. Learn how to chant & incorporate Mantra into meditation.
- ❖ Mudra & Bandha: Learn the benefits and how to perform physical gestures & locks to enhance your meditation.

Philosophy

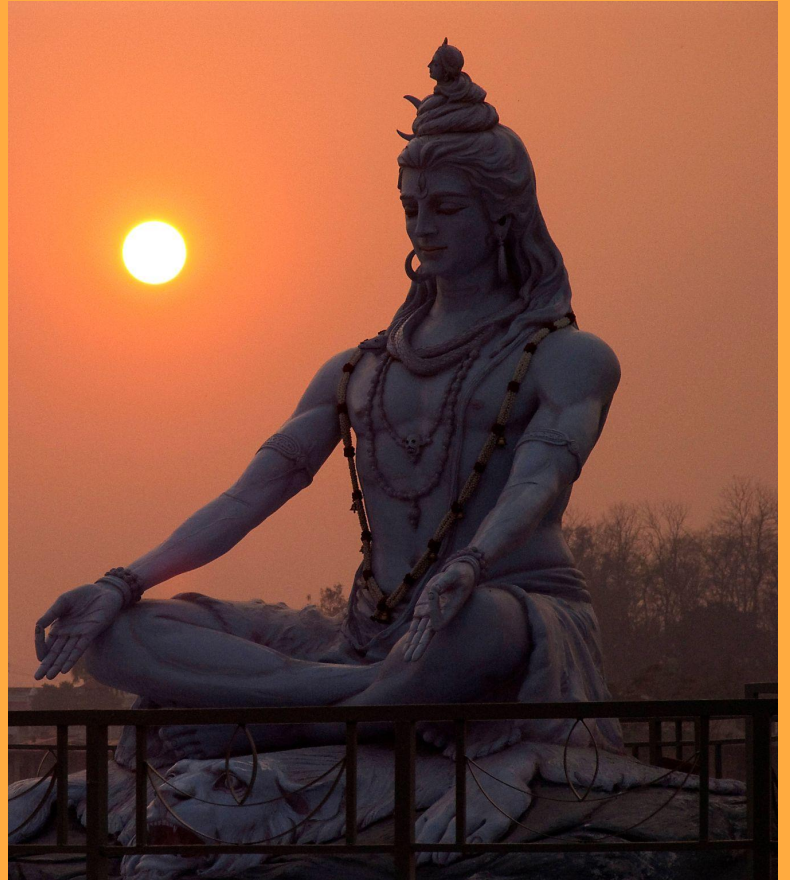
Turn information into knowledge.

Available Options:

- ☒ Weekly Group Classes
- ☒ Private
- ☒ Online

Service Description

For those ready to deepen their experience and understanding of Yoga. We weave Yogic Philosophy into every service we provide, however that is just information.



Turn your information into Knowledge by going deeper into the philosophy and history of our teachings. We recommend all of our students to come for regular philosophy lessons to enhance their practices. We will share teachings from sacred yogic texts, modern yogic texts, and the experiences and teachings of our Gurus.



Rishi Yoga
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Yoga for Everyone

Yoga Therapy & Thai Yoga

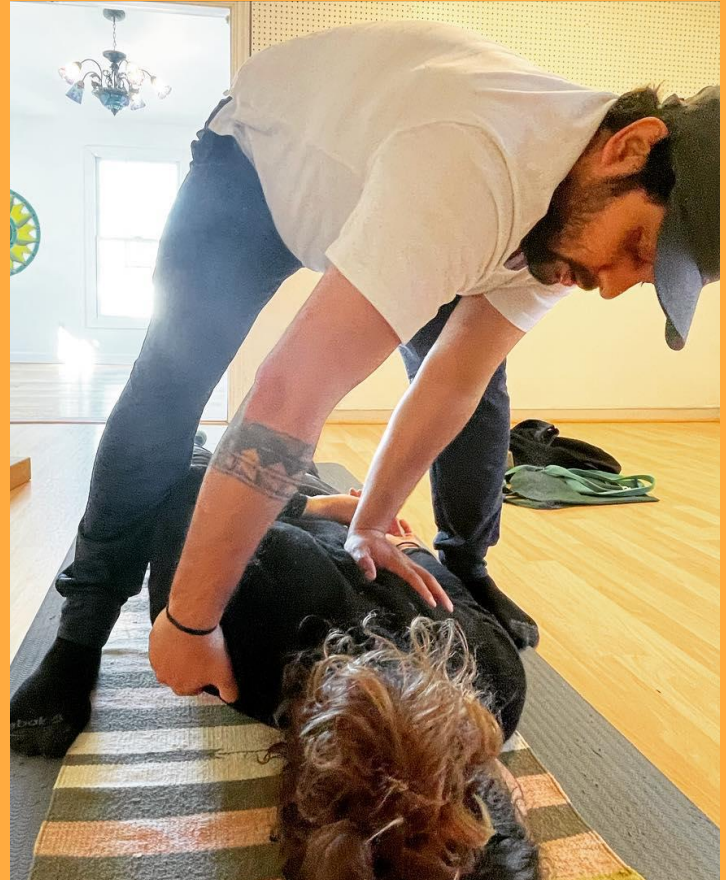
Reduce Pain, Understand Your Body, Improve Mobility & Flexibility

Available Options:

- ☒ Weekly Group Classes
- ☒ Private
- ☐ Online

Service Description

Yoga Therapy & Thai Yoga sessions are very hands-on. We provide 100% assisted stretching to open your body safely and effectively.



You will be coached through proper breathing and relaxation techniques as we gently flex your muscles, and move your joints ultimately reducing chronic pain, increasing your body awareness, and improving your mobility and flexibility. You will also learn to perform therapeutic yoga postures with the same benefits plus the added boost in your confidence and ability to practice at home. We recommend all of our members to book this service privately on a monthly basis to see drastic improvements in their regular practices.



Rishi Yoga
& Wellness

Yoga for Everyone

Chakra Sadhana

Learn to Balance & Experience your Energy

Available Options:

- ☒ Weekly Group Classes
- ☒ Private
- ☒ Online

Service Description



The perfect, and highly recommended, addition to everyone's regular practices. Take time each week to experience and balance your Energy Centers, or Chakras. You will learn and be guided through Physical postures for each Chakra. Postures are accompanied by specific additional Yogic practices that enhance effectiveness and bring a holistic balance to this class. Some Chakra Sadhana sessions will be more meditative and some more physical, according to the Solar/Lunar cycles and participants.



Rishi Yoga
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Yoga for Everyone

Yoga Nidra

Improve the Quality of your Sleep

Available Options:

- ☒ Weekly Group Classes
- ☒ Private
- ☒ Online

Service Description



Yoga Nidra, or Yogic Sleep, is a powerful technique that retrains your body's relaxation response and drastically improves the quality of your sleep. Regular practice of Yoga Nidra is also highly effective in reducing anxiety, relieving nerve pain, increasing mental awareness, and improving energy levels. You will be guided through a process of relaxation into a physical sleep state while the mind remains conscious. From this state, everyone's experience will be unique. We will be there to then safely guide you back to your full awareness where you'll head home for your best night sleep all week.



Rishi Yoga
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Yoga for Everyone

Aerial Yoga

Release Tension & Have Fun

Available Options:

- ☐ Weekly Group Classes
- ☒ Private
- ☐ Online

Service Description



Aerial, or Hammock, Yoga is a fun way to release tension, build strength, & increase your confidence. For safety, this service is open only to those who have experience and understanding on their mats. Get a personalized one-on-one session or bring up to 5 people to enjoy together. You will be guided through proper hammock safety techniques and learn to use the Silk hammocks to assist in postures both on your mat and completely suspended in the air. A fun, wholesome option for groups or families. Kids age 11+ are welcome to join with parental supervision.



Rishi Yoga
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Yoga for Everyone

Reiki Healing

Energy Balancing & Cleansing for Physical and non-physical Pain or Trauma.

Available Options:

- ☐ Weekly Group Classes
- ☒ Private
- ☒ Online

Service Description



Reiki Healing is an art form of Energy Work that can help open, balance, and cleanse you of pain. Healing techniques are non-invasive and relaxing. Our Reiki Grand Masters are qualified and attuned to perform Master Healing and Physic Healing. Master Healing works holistically, whereas Physic Healing targets a specific area of concern. Yogic methods are often included to help prepare you to receive Reiki Healing. Reiki Master Certifications available on request.



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Thank You!

Bookings, Schedule & Availability:

www.rishiyogaandwellness.com

804-456-8030