



# Saraswati River Yoga

## Fall Class Schedule

Effective September 1st



Monday	Level 1-2 Suryaa Yoga, Level 2-3 Level 1-2 <b>Meditation (6 week series begins in October)</b>	David David David <b>John</b>	9:15 - 10:45 am 11:00 - 12:30 pm 6:30 – 8:00 pm <b>8:15 pm</b>
Tuesday	Level 2-3 Level 1 Level 2-3 <b>Kids Yoga begins 9/22</b> <b>Strong &amp; Beautiful: Yoga &amp; Awareness For Teens (young women, 8<sup>th</sup> – 12 grade) 6 week series begins in October</b>	David Cathy Denyse <b>Rachel Staff</b>	9:15 - 10:45 am 11:00 – 12:15 pm 6:30 – 8:00 pm <b>4:00 – 5:00 pm</b> <b>4:00 – 6:00 pm</b>
Wednesday	Level 1-2 <b>Community Class ½ price!</b> Restorative Flow <b>Community Class ½ price!</b>	RaeAnn Cathy	9:15 - 10:45 am 6:30 – 8:00 pm
Thursday	Level 2-3 Level 1 Level 2-3 <b>Community Class - ½ price!</b> <b>Strong &amp; Beautiful: Yoga &amp; Awareness For Teens (young women, 8<sup>th</sup> – 12 grade) 6 week series begins in October</b>	<b>Denyse</b> <b>Carrie</b> John <b>Staff</b>	9:15 - 10:45 am 11:00 – 12:15 pm 6:30 – 8:00 pm <b>4:00 – 6:00 pm</b>
Friday	Surya Yoga, Level 2-3 Level 2-3 Iyengar Style Level 1-2	<b>Cathy</b> <b>John</b> RaeAnn	7:45 – 9:00 am 9:15 - 10:45 am 11:00 – 12:30 pm
Saturday	Level 2-3 <b>Therapeutic Flow Level 1-2</b>	David <b>RaeAnn</b>	8:30 – 10:00 am <b>10:30 – 12 pm</b>
Sunday	Level 2-3 Level 1-2 1 <sup>st</sup> Sunday - Monthly Yoga Basics Class 3 <sup>rd</sup> Or 4 <sup>th</sup> Sunday – Monthly Restorative Class	Colleen Colleen RaeAnn Staff	8:30 – 10:00 am 10:15 – 11:45 am 3:00 – 5:00 pm 3:00 – 5:00 pm

**Level 1:** Beginners should take at least 12 Level 1 or Level 1-2 classes. **Level 2:** Beginner with some experience in sun salutations, starting to understand terminology, breathing and alignment. **Level 3:** Strong understanding of terminology, breathing and postures with experience in sun salutes and coordinating breath to movement. Headstands, handstands, advanced postures, and variations are introduced and practiced. **Level 4:** Exposure to all of the above. Concentration on all of the above. Faster paced class. **Iyengar Style** is not flow style classes. **Therapeutic Flow:** A flowing class for those who have therapeutic concerns or want a gentler practice.

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