



858 10th St, Suite A
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OmShalaYoga.com

Fall Class Schedule

September 1st - December 31st

monday

*8:00-9:30am	Sivananda \$9	Leila Jaia Devi
9:00-10:15am	Align & Flow All Levels	Samantha Akers
*9:30-11:00	Intro to Ashtanga \$9	Joey Paz
*11:00-12:30	Mindful Flow	Ashley Paz
*4:00-5:15	Mindfulness Meditation \$9	Heidi Bourne
*5:15-6:30	Wisdom of Yoga \$9	Stephanie & Karen
5:30-7:00	Align & Flow All Levels	Peggy Profant
6:45-8:00	Kundalini Yoga	Shannon Brawley
7:15-8:45pm	Candlelight Flow & Restore	Samantha Akers

tuesday

*7:00-9:00am	Ashtanga Primary Series Level 2 \$9	Joey Paz
9:00-10:30	Anusara	Peggy Profant
*9:30-11:30	Mysore All Levels Self-Guided \$9	Kelly O'Roke
11:00-12:30pm	Fusion Flow	Shemaia Skywater
4:00-5:00	Kids Yoga \$9	Rosada Martin
5:30-7:00	Power Vinyasa HOT Level 2-3	Sasha Elizabeth
7:15-8:45	Vinyasa Flow All Levels	Robert Duncan
8:00-9:00pm	Yoga Nidra All Levels	Anna O'Gorman

wednesday

*8:00-9:30am	Sivananda \$9	Leila Jaia Devi
9:00-10:15am	Align & Flow All Levels	Samantha Akers
9:30-11:00	Intro to Ashtanga \$9	Joey Paz
11:00-12:15pm	Forrest Yoga All Levels	Janine Melzer
*11:00-12:00	Qi Gong \$9	Donald Hughes
*4:00-5:30	Mysore All levels Self-Guided \$9	Mitch Lantz
5:30-7:00	Power Vinyasa HOT Level 2-3	Heather Woodman
5:40-6:55	Prenatal Yoga	Jodie DiMinno
7:15-8:45pm	Candlelight Flow & Restore	Samantha Akers

thursday

7:00-9:00am	Ashtanga Primary Series level 2 \$9	Joey Paz
9:00-10:30	Anusara Level 1	Peggy Profant
9:30-10:45	Yin Yoga & Meditation	Samantha Akers
*11:00-12:15pm	Align & Roll All Levels	Lexy Cann
*11:00-12:30	Core Strength Vinyasa Heated	Erica Haines
5:30-7:00	Power Vinyasa HOT Level 2-3	Sasha Elizabeth
*6:00-7:45	Ashtanga Primary Series Level 2 \$9	Joey Paz
7:15-8:45pm	Vinyasa Flow	Robert Duncan

friday

9:00-10:30am	Anusara Level 1-2	Peggy Profant
9:30-10:50am	Intro to Ashtanga \$9	Kelly O'Roke
11:00-12:15pm	Hatha Level 1	Robert Duncan
5:30-7:00pm	Power Vinyasa HOT Level 2-3	Heather Woodman

saturday

9:00-10:20am	Power Vinyasa HOT Level 2-3	Sasha Elizabeth
10:30-12:00pm	Forrest Yoga All Levels	Janine Melzer

sunday

9:00-10:15am	Align & Flow All Levels	Samantha Akers
*10:00-11:15	Gentle Yoga All Levels	Sarah Matik
10:30-12:00pm	Vinyasa Flow Level 2	Allison Pals
5:00-6:30	Universal Meditation \$9	Marta McCary
5:00-6:20	Core Strength Vinyasa Heated	Erica Haines
6:30-8:00pm	Relax Deeply All levels	Jodie DiMinno

October and November Special Healing Events

***Free* Community Ashtanga Practice** with Kelly O'Roke
Saturday October 28 5:30-7:30

Costume Ball Ecstatic Dance with Mitch Lantz. Friday October 27.
7:30-9:00pm. \$5-15 sliding scale.

Magic Satsang with the Yogi Magician Andrew Eppler Saturday
Nov 4 6:00-7pm \$10

Kirtan: Devotional Singing with Shemaia and the Skywater Band.
Friday Nov 17. 8:00-10:00pm. \$7-\$20.

October and November Workshops, Talks, & Trainings

Ashtanga Weekend Workshop with Andrew Eppler 6 sessions -
November 3-5. \$180 for series or drop-in sessions \$40

Astro Talk with Tricia Riel. Wednesdays, Nov 1. 7:15-8:45pm. \$5-\$15
sliding scale.

The Gift of the Present Moment with Desirée Rumbaugh
Presented in conjunction with Inner Freedom Yoga. 4 Sessions \$165
for entire weekend or \$40 for drop in session.

Astrology Series with Tricia Riel. Wednesdays, September 20
-November 8. 7:15-8:45pm. \$115-135.

The Subtle Art & Science of Yin Yoga with Samantha Akers. For
yoga teachers & those interested in deepening their yin practice.
October 26-29. \$425-475.

200 Hour Yoga Teacher Training with Peggy Profant, Samantha
Akers and Liz Heffernan. Begins Nov 17 and runs through April 6,
2018. Yoga Alliance Certified, Weekend Format plus Retreat at
Breitenbush. More information at www.omshalayoga.com

Intro to Tantra with Robyn Smith. Learn the basics of an ancient
yogic path aimed at enhancing awareness, vitality and connection
with others. Nov 25 7:00-9:00pm \$25 before Nov 10, \$30 after.

For full descriptions, pricing and to register, please visit the website: omshalayoga.com/workshops

See website for full descriptions, child birth education, and
events. See teacher trainings on reverse.

Class times and prices may be subject to change.
Please check the most current schedule at
www.omshalayoga.com