



SIVA POWER YOGA CLASS SCHEDULE

MONDAY

5:30PM	FLOW – Adrian
7:00PM	YOGA 4 PREGNANCY – Whitney
8:30PM	CANDLELIGHT FLOW – Amber

TUESDAY

9:30AM	FLOW – Adrian
5:30PM	FLOW – Erin
7:00PM	POWER – Gina
8:30PM	CANDLELIGHT FLOW – Katlyn

WEDNESDAY

5:30PM	FLOW – Adrian
7:00PM	YOGA 4 PREGNANCY – Whitney
8:30PM	CANDLELIGHT FLOW – Amber

THURSDAY

9:30AM	FLOW – Adrian
5:30PM	FLOW – Erin
7:00PM	POWER – Gina
8:30PM	CANDLELIGHT FLOW – Katlyn

FRIDAY

9:30AM	FLOW – Adrian
5:30PM	FLOW – Jessie

SATURDAY

8:00AM	POWER – Adrian
9:30AM	FLOW – Valerie

SUNDAY

9:30AM	FLOW – Katlyn
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SIVA POWER YOGA FEES

Drop In	\$5
Yoga Mat Rental	\$2
Water	\$2

PACKAGES

10 Pack	\$50
1 Mo. Unlimited	\$50
6 Mo. Unlimited	\$250

STUDENTS

1 Mo. Unlimited	\$30
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YOGA ETIQUETTE

- Come 20 minutes PRIOR to class
- Enter studio quietly
- NO cell phone use in studio
- NO perfumes or strong lotion scents
- Avoid eating 1 HOUR before class

FOR BEST RESULTS

- Share with a friend
- Do yoga 3x a week

CLASS DESCRIPTION

FLOW – Fluid, strong, fun!

POWER – Flow with a kick!

CANDLELIGHT FLOW – Flow with a wind down!

NEW TO POWER YOGA?

Start with: Candlelight Flow/Flow

Then move to: Power

*SUNDAY PARKING ONLY IN FRONT

**All classes are 60 minutes

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