



Rishi Yoga & Wellness

Registered Yoga School

March 2025: Weekly Schedule

ATTN
Mar 14: Holi + Full Moon + Eclipse (Special Classes)
Mar 15 Holi Celebration: Festival of Colors!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 - 8 AM	Yoga Asana	Meditation			Yoga Asana		Open Daily (Including Sundays) for Private Sessions & Massages!
8 - 9 AM			Yoga Therapy			Yoga Asana Mar 15 @ 7am!	
9:30 - 10:30 AM						Aerial Yoga Mar 1, 15, 22 & 29	
5:30 - 6:30 PM	Yoga Asana	Yoga Asana	Yoga Asana	Yoga Asana	YIN Yoga + Yoga Nidra		

FEATURES & HIGHLIGHTS!

- ★ Classes **FREE** the 1st Wednesday of every month
- ★ All classes open to **all levels** - No experience necessary
- ★ **Drop-ins** welcome in every class - No registration required
- ★ Mats & props are available + two instructors in most classes
- ★ **'Yoga Asana'** class format up to teachers discretion based on participation, tailored to what our students need. See back.

Pricing Options :

Per Class, Drop-In: \$20
 10-Class Package: \$175
 Monthly Membership: \$199
 Private: \$100/Hour + 15% Discount
 Available on Request

578 Chesapeake Drive, White Stone VA 22578 | 804-456-8030
www.rishiyogaandwellness.com

Yoga Asana, Class Description: Designed for YOU

Yoga Asana classes feature Yogic practices in various styles with the primary style being Hatha Yoga. Hatha yoga is the most traditional yoga practice and refers to a set of physical exercises, breathing techniques, and a touch of meditation. The word Hatha means willful or stubborn. It is also a combination of the roots Ha, meaning Sun, and Tha, meaning Moon. The physical practice of Hatha Yoga Asana aligns the body, mind, and soul ultimately bringing harmony to our two opposite energy forces (Sun & Moon). You can expect a series of easily adaptable asana that slowly warm the body and focus the mind to aid in healing, increase flexibility, and build strength gradually over time. Suitable for everyone, beginner, intermediate, or advanced practitioners.

Examples of sequencing:

- ❖ Joint Movements & Salutations: Complete foundational body practice.
- ❖ Nervous, Respiratory, & Digestive systems: Give time to the bodies vital systems.
- ❖ Yoga Therapy: Heal, restore, & recover with therapeutic movement.
- ❖ YIN Yoga: Gentle practice with extended, supported, holding in postures.
- ❖ Back opening: Strong, healthy spine = strong, healthy Life.
- ❖ Hip & thigh opening: Splits preparation/practice. Safely improve flexibility & build strength.
- ❖ Inversions & Shoulder Opening: Safely, systematically work towards & improve your Head/Handstands & other inversions while increasing shoulder strength & flexibility and preventing injuries.
- ❖ Forward folding & twisting: Recover from back opening and/or improve forward flexion & target your obliques.
- ❖ Power Yoga: Core strength & arm balancing for building strength & focus.
- ❖ Warrior Series & Balancing: Take time curating focus & balance.
- ❖ Sivananda: Well-rounded, high intensity, advance practice including shoulder stand practice.
- ❖ Ashtanga: powerful & effective in building strength and increasing flexibility. The use of Ujjayi breathing keeps the body warm and mind focused.
- ❖ Vinyasa (flow): keep moving and flowing through a sequencing of postures paired with intentional breathing. Easily adjust the intensity of these sessions to meet your needs.



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Yoga for Everyone



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