



Saraswati River Yoga Class Schedule

Schedule will be effective July 19th

Monday	Level 1-2 Level 3-4 Tantrasana Level 1-2	David David David	9:15 - 10:45 am 11:00 - 12:30 pm 6:30 – 8:00 pm
Tuesday	Surya Yoga, Level 3-4 Level 2-3 Level 1 Kids Yoga Level 1-2 Level 2-3 Therapeutic Yoga Meditation	Parvathi David Cathy Elizabeth Cathy Denyse Carrie Staff	7:45 – 9:00 am 9:15 - 10:45 am 11:00 – 12:15 pm 4:00 – 5:00 pm 4:00 – 5:00 pm 6:30 – 8:00 pm 6:30 – 8:00 pm 8:15 – 9:15pm
Wednesday	Level 2-3 Level 1-2 Iyengar Style Level 2-3 Saraswati Vidya -twice a month, check online schedule for dates. <i>WORKSHOP PRICING APPLIES</i> Level 1-2 Pre-Natal	Elizabeth RaeAnn RaeAnn David David Cathy	7:00 – 8:15 am 9:15 - 10:45 am 11:00 – 12:15 pm 12 noon – 3:00 pm 6:30 – 8:00 pm 6:30-7:45 pm
Thursday	Level 2-3 Level 1 Level 2-3 Community Class - ½ price! Gentle Yoga Meditation & Pranayama	Parvathi Denyse John Rachel John	9:15 - 10:45 am 11:00 – 12:15 pm 6:30 – 8:00 pm 6:30 – 8:00 pm 8:15 – 9:15pm
Friday	Surya Yoga, Level 3-4 Level 2-3 Iyengar Style Level 1-2	Parvathi David RaeAnn	7:45 – 9:00 am 9:15 - 10:45 am 11:00 – 12:30 pm
Saturday	Therapeutic 1-2 Level 2-3 Level 1-2	Carrie Parvathi David	8:30 – 9:45 am 8:30 – 10:00 am 10:30 – 11:45am
Sunday	Level 2-3 Level 1-2 1st Sunday - Monthly Yoga Basics Class 2nd Sunday – Monthly Challenge Class 3rd Or 4th Sunday – Monthly Restorative Class	Colleen Colleen RaeAnn Staff Staff	8:30 – 10:00 am 10:15 – 11:45 am 3:00 – 5:00 pm 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. **Therapeutic Classes & Iyengar Style** are not flow style classes.