



Shree Yoga

What makes our studio special is the smaller classes, personal attention from highly-trained instructors, special beginner and therapeutic yoga classes, spirituality and superb alignment instruction. We donate 10% of all after tax profits to charity.

Our Best Deal: 20 for \$30

Shree Yoga Studios

*Alignment based yoga for a strong body,
peaceful mind and happy heart*

nopees that you'll become hooked on the many health and mental benefits of yoga. Only for first time local students at Shree Yoga.

Location

Our beautiful studio is conveniently located at 3 Barnstable Court, Saddle River, NJ. Adjacent to the Saddle River Inn. Enter parking lot entrance from West Saddle River Rd. Follow steps down to Saddle River Inn; studio is on the right overlooking the river.

To attend a class, arrive 10 minutes early and register at the desk. We accept cash or checks. There is no need to call in advance for regular classes. Bring your own mat, or purchase one in our yoga boutique.



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Yoga Class Schedule



Check our website for current schedule changes and

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MONDAY

9:00-10:30am	Level I&II	Chaya
10:45-12:00pm	Slow Therapeutic Yoga	Rachel
6:30-7:45pm	Level I	Gosha

TUESDAY

9:00-10:15am	Beginner	Karon
10:30-11:45am	Slow Therapeutic Yoga	Karon
1:00 – 2:15pm	Level I	Susan
5:30-6:45pm	Slow Therapeutic Yoga	Andrea
7:00-8:15pm	Beginner	Andrea

WEDNESDAY

9:30-11:00am	Level I&II	Elizabeth
7:30-8:45pm	Level I	Rachel

THURSDAY

9:00-10:15am	Level I	Chaya
10:30-12:00pm	Level II Practice	Chaya
6:00-7:15pm	Aligned Flow I&II	Valerie
7:30-8:45pm	Beginner	Valerie

FRIDAY

9:30-11:00am	Level I&II	Chaya
11:45-1:00pm	Slow Therapeutic Yoga	Jan

SATURDAY

8:30-9:45am	Level I&II	Chaya
10:00-11:15am	Beginner	Chaya
11:30-12:45pm	Slow Therapeutic Yoga	Kent

SUNDAY

8:30-9:45am	Aligned Flow I&II	Valerie
10:00-11:15am	Beginner	Elizabeth

FEES

Single Class	\$18	
Teens/Seniors	\$12	Seniors 65+
*20 for 30	\$30	20 days unlimited
		*First time students
3 Classes	\$45	1 month expiry
8 Classes	\$108	3 months expiry
16 Classes	\$192	3 months expiry
Unlimited	\$160	1 calendar month

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