

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 Rest Deal: 20 for \$30

Shree Yoga Studios

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

nopes that you'll become nooked 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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Check our website for current schedule changes and

MONDAY 9:00-10:30am 10:45-12:00pm 6:30-7:45pm	Level I&II Slow Therapeutic Yoga Level I		Chaya Rachel Gosha
TUESDAY 9:00-10:15am 10:30-11:45am 1:00 – 2:15pm 5:30-6:45pm 7:00-8:15pm	Beginner Slow Therapeutic Yoga Level I Slow Therapeutic Yoga Beginner		Karon Karon Susan Andrea Andrea
WEDNESDAY 9:30-11:00am 7:30-8:45pm	Level I&II Level I		Elizabeth Rachel
THURSDAY 9:00-10:15am 10:30-12:00pm 6:00-7:15pm 7:30-8:45pm	Level I Level II Practice Aligned Flow I&II Beginner		Chaya Chaya Valerie Valerie
FRIDAY 9:30-11:00am 11:45-1:00pm	Level I&II Slow Therapeutic Yoga		Chaya Jan
SATURDAY 8:30-9:45am 10:00-11:15am 11:30-12:45pm	Level I&II Beginner Slow Therapeutic Yoga		Chaya Chaya Kent
SUNDAY 8:30-9:45am 10:00-11:15am	Aligned Flow I&II Beginner		Valerie Elizabeth
FEES Single Class Teens/Seniors *20 for 30 3 Classes 8 Classes	\$18 \$12 \$30 \$45 \$108	Seniors 65+ 20 days unlimited *First time students 1 month expiry 3 months expiry 1 calendar month	
16 Classes Unlimited	\$192 \$160		



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MONDAY			
9:00-10:30am	Level I&II		Chaya
10:45-12:00pm	Slow Therapeu	ıtic Yoga	Rachel
6:30-7:45pm	Level I		Gosha
TUESDAY			
9:00-10:15am	Beginner		Karon
10:30-11:45am	Slow Therapeu	itic Yoga	Karon
1:00 – 2:15pm 5:30-6:45pm	Level I Slow Therapeu	ıtin Voqo	Susan Andrea
7:00-8:15pm	Beginner	ilic roga	Andrea
•	Degimiei		Allarca
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 Valerie
6:00-7:15pm 7:30-8:45pm	Aligned Flow I&II Beginner		Valerie
7.00 0.40pm	Degimiei		vaiche
FRIDAY			01
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11.45-1.00pm	Slow Therapet	ilic roga	Jan
SATURDAY			
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10:00-11:15am 11:30-12:45pm	Beginner Slow Therapeutic Yoga		Chaya Kent
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SUNDAY	A.: 1.E. 1.		
8:30-9:45am 10:00-11:15am	Aligned Flow I&II Beginner		Valerie Elizabeth
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FEES	0.10		
Single Class	\$18 \$12	Seniors 65	_
Teens/Seniors *20 for 30	\$12 \$30	20 days un	
20 101 00	ψΟΟ	*First time	
3 Classes	\$45	1 month ex	
8 Classes	\$108	3 months e	
16 Classes	\$192	3 months e	
Unlimited	\$160	1 calendar	month