



SHREE YOGA STUDIOS

*Expert teachers. Inspiring classes.
Beautiful setting. Supportive community.*

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What makes our studio special is the smaller classes, personal attention from highly-trained instructors, special beginner and therapeutic yoga classes, and superb alignment instruction.

We donate to charity 10% of after-tax profit.

20 DAYS OF YOGA FOR \$30

First-time local students only enjoy 20 consecutive calendar days in which to take any number of appropriate level classes as your first-time introduction to Shree. See what makes us special. We do this hoping 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 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's no need to call in advance. Bring your own mat, or purchase one in our yoga boutique.

WWW.SHREEYOGA.COM

201-822-1131



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YOGA CLASS SCHEDULE MAY 2014

See schedule changes and bad weather closings at
ShreeYoga.com

MONDAY

9:30-11:00am	Level I&II	Rachel
11:15-12:30pm	Slow Therapeutic Yoga	Rachel
12:45-1:45pm	Private Instruction (call to schedule)	
7:00-8:15pm	Level I	Andrea

TUESDAY

9:00-10:15am	Beginner	Karon
10:30-11:45am	Restorative Yoga	Karon
12:00-12:45pm	Community Class \$5 New Teachers	
1:00-2:15 pm	Level I	Susan
6:00-6:45pm	Community Class \$5 New Teachers	
7:00-8:15pm	Beginner	Kent

WEDNESDAY

9:30-11:00am	Level I&II	Elizabeth
11:15-12:15pm	Pilates Mat	Whitney
6:15-7:15pm	Private Instruction (call to schedule)	
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
11:15-12:15pm	Pilates Mat	Whitney
12:30-1:45pm	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 II	Kent

SUNDAY

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

Single class	\$20	
Teens & Seniors	\$14	Seniors: 65+
20 for 30	\$30	*20 days unlimited
3 Classes	\$54	1 month expiry
8 Classes	\$128	3 months expiry
16 Classes	\$224	3 months expiry
Unlimited	\$175	1 calendar month

*First time, local students only

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