

SHREE YOGA STUDIOS

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

SHREE YOGA

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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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 Yog	a	Karon	
12:00-12:45pm	Community Cla		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		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				
3 Classes	\$54	1 month ex	•	
8 Classes	\$128	3 months e		
16 Classes	\$224 3 months expiry			
Unlimited	\$175 1 calendar month *First time, local students only			
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	Siliee roga.com		
9:30-11:00am 11:15-12:30pm 12:45-1:45pm 7:00-8:15pm	Level I&II Slow Therapeutic Yo Private Instruction (c Level I		
TUESDAY 9:00-10:15am 10:30-11:45am 12:00-12:45pm 1:00-2:15 pm 6:00-6:45pm 7:00-8:15pm	Beginner Restorative Yoga Community Class \$5 Level I Community Class \$5 Beginner	Susan	
WEDNESDAY 9:30-11:00am 11:15-12:15pm 6:15-7:15pm 7:30-8:45pm	Level I&II Pilates Mat Private Instruction (c Level I	Elizabeth Whitney all to schedule) 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 11:15-12:15pm 12:30-1:45pm	Level I&II Pilates Mat Slow Therapeutic Yo	Chaya Whitney ga Jan	
SATURDAY 8:30-9:45am 10:00-11:15am 11:30-12:45pm	Level I&II Beginner Slow Therapeutic Yo	Chaya Chaya ga II Kent	
SUNDAY 8:30-9:45am	Aligned Flow I&II	Valerie Flizaboth	
10:00-11:15am Single class Teens & Seniors 20 for 30 3 Classes 8 Classes 16 Classes Unlimited	\$30 *20 c \$54 1 mc \$128 3 mc \$224 3 mc	Seniors: 65+ *20 days unlimited 1 month expiry 3 months expiry 3 months expiry 1 calendar month	
	*First time, loca	l students only	

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