

Nirvana Yoga

Early Spring Series *(begins March 5)*

Sunday Stretch
Sundays 10:00 am
Instructor: Dunya

Mar 5, 12, 19, 26
April 2, 9

Core Yoga
Mondays 5:30 pm
Instructor: Dunya

Mar 6, 13, 20, 27
Apr 3, 10

Yoga & Meditation
Tuesdays 7:00 pm
Instructor: Dunya

Mar 7, 14, 21, 28
Apr 4, 11

Slow Flow
Wednesdays 6:00 pm
Instructor: Rebecca

Mar 8, 15, 22, 29
Apr 5, 12

Early Spring Series

*\$16 per class when purchased
as a class series*

*Register online at
nirvanathruyoga.com*

Cancellation Policy:

When you enroll in classes with us, you commit to being a part of our quaint studio for that day & time and we commit to offering you a semi-private yoga class experience at a group yoga class price. For these reasons, we do not offer refunds, make-up days or credits for missed classes.



Beyond Basics Special Yoga Class Series

For those that have completed Intro to Yoga, or those simply looking for more detailed instruction on the most common yoga poses. Join Nirvana Yoga instructor Rebecca for this informative class series.

Beyond Basics
Tuesdays 5:45 pm – 6:45 pm
6 week series begins March 7th
\$108 for the series, includes one bonus class*

*eligible to drop-in to any regularly scheduled class between March 8 – Apr 10, 2017. Subject to availability, details will be provided during the first night of Beyond Basics.

Nirvana Yoga
4183 W. Streetsboro Road
Richfield, OH 44286
nirvanathruyoga.com
330-564-3773

ABOUT OUR STUDIO CLASSES

All of our classes are beginner friendly. Space is limited so we can offer you personalized attention, giving you options to turn the intensity of your yoga up or down based on your current fitness level and yoga goals.

Listed in order of intensity, least to most

Sunday Stretch Ease into your Sunday with this slow paced class focused on stretching and relaxation.

Slow Flow Yoga Link breath and movement, while you stretch and strengthen in this slow paced yoga class with a focus on proper alignment in poses.

Yoga & Meditation All levels yoga class focused on poses that prepare you for a comfortable seated meditation practice, class concludes with meditation.

Core Yoga Expect to sweat in this class which focuses on yoga poses and movements to build strength in the muscles of the abdominals and back.

Yoga & Meditation is 75 minutes in length; all other classes are 60 minutes. Instructors subject to change.

Nirvana in the Community

Join us out & about...Nirvana Yoga is honored to teach yoga at a variety of offsite locations!

Space is limited! Pricing and registration information is available by contacting the class location.

Akron Art Museum - Adult Yoga

Thurs, Mar 9 @ 6:30 pm

Thurs, Apr 13 @ 6:30 pm

Peninsula Library – Adult Yoga

Thurs, Mar 16 @ 6:30 pm

Thurs, Apr 20 @ 6:30 pm

Richfield Library – Family Yoga

Mon, Mar 27 @ 10:30 am

Green Library – Toddler Yoga

Thurs, Apr 20 @ 10:30 am

