

# Nirvana Yoga

## Late Spring Series *(begins April 17)*

### Core Yoga

**Mon 5:30 pm**

*Instructor: Dunya*

April 17, 24

May 1, 8, 15, 22

### Yoga & Meditation

**Tue 7:00 pm**

*Instructor: Dunya*

Apr 18, 25

May 2, 9, 16, 23

### Slow Flow

**Wed 6:00 pm**

*Instructor: Rebecca*

Apr 19, 26

May 3, 10, 17, 24

### Sunday Stretch

**Sun 9:30 am**

*Instructor: Dunya*

Apr 23, 30

May 7, 14, 21, 28

## Late Spring Series

*\$16 per class, as a class series*

*Register online at  
[nirvanathruyoga.com](http://nirvanathruyoga.com)*



## Happy Birthday Nirvana!

Can you believe it?

Nirvana Yoga opened April 1, 2009.

Thank you for 8 great years!

We look forward to many more!



Nirvana Yoga  
4183 W. Streetsboro Road  
Richfield, OH 44286  
[nirvanathruyoga.com](http://nirvanathruyoga.com)  
330-564-3773

## Intro to Meditation w/Melissa

Begin (or expand) your meditation practice! This special series will include yoga & meditation practice, group discussion time as well as helpful hints for developing a meditation practice outside of the studio.

Plan to be at the studio for 45-60 minutes each session and, with Melissa's help, you'll work towards daily meditation practice at home!

You do have time each day to meditate!  
Don't be scared! You can do this!

### Getting started, simple steps for success

Sat, Apr 29 at 9 am

### Checking in, how's it going

Sat, May 6 at 9 am

### Wrapping up, and how to keep it going

Sat, May 13 at 9 am

**\$25 for the 3 week series**

## ABOUT OUR STUDIO CLASSES

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

### ***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.

**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.

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## ***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.

**Richfield Library** – Family Yoga  
Mon, Mar 27 @ 10:30 am

**Akron Art Museum** - Adult Yoga  
Thurs, Apr 13 @ 6:30 pm  
Thurs, May 11 @ 6:30 pm

**Green Library** – Toddler Yoga  
Thurs, Apr 20 @ 10:30 am

**Peninsula Library** – Adult Yoga  
Thurs, Apr 20 @ 6:30 pm  
Thurs, May 18 @ 6:30 pm

