

Nirvana Yoga

Late Spring Series (April 17- May 28)

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

\$20 per class

register online nirvanathruyoga.com



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

Yoga Teacher Training

Summer immersion begins in June

Whether you aspire to teach others, or wish to expand your knowledge and practice of yoga, this program is for you! The most flexibly scheduled yoga teacher training program in Northeast Ohio! You'll learn in small group and one-on-one sessions scheduled when works for you.

Our personalized training program is based on your goals and your schedule. Contact Melissa for more details.

Laying the Foundation, expanding on what you already know

June 2017 – flexible dates/times

Deeper Exploration, beginning to find your teaching style

July 2017 – flexible dates/times

Putting it all Together, focusing on your yoga specialty

Aug 2017 – flexible dates/times

Wrapping it Up, sharing yoga with others

Sept 2017- flexible dates/times

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. 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.

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

Cascade Locks Park – Adult Yoga

Sat, May 14, 20 & 27 @ 9:00 am

