

Nirvana Yoga

Summer Series (June - August)

Sunday Stretch
Sun 9:30 am
Instructor: Dunya

June 4 – Aug 27
no class July 2

Core Yoga
Mon 5:30 pm
Instructor: Dunya

June 5 – Aug 28
no class July 3

Yoga & Meditation
Tue 7:00 pm
Instructor: Dunya

June 6 – Aug 29
no class July 4

Slow Flow Yoga
Wed 6:00 pm
Instructor: Rebecca

June 7 – Aug 30
no class July 5

Summer Series

\$192 for 12 weeks
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

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.

Cascade Locks Park – Adult Yoga

Summer Saturdays @ 9:00 am

Peninsula Library – Adult Yoga

Thursdays June 15, July 20 & Aug 17 @ 6:30 pm

Richfield Library - Adult Yoga

Thursdays July 6 & July 27 @ 6:30 pm

Eastwood Preserve – Yoga for the Mayor's Fitness Challenge

Wed, July 12 @ 6:15 pm

Nordonia Library – Kids Yoga

Wed, July 19 @ 3:00 pm

Richfield Library – Family Yoga

Mondays July 31, Aug 7 & Aug 14 @ 10:30 am

