

RAVI YOGA & SPA

212 673 1711 • 122 East 25th St. @ Lexington Ave • raviyoga.com

Classes Are 75-90 min. Unless Otherwise Specified. \$15 Per Class / \$11 Student ID

Class Cards: 5 Classes \$65 10 Classes \$120 / Unlimited Monthly: \$300

Fall '01	7am	10:30am	11am	Noon	5:15pm	6:15pm	6:45pm	7:45pm	8:00pm
Monday				Kundalini Yoga Beazer	Hatha Yoga Emma	Shakti Yoga Mary	Kundalini Yoga Ravi		Slow Flow Vinyasa Tabby
Tuesday	Ashtanga Yoga Regina & Courtney			Kundalini Yoga Simran	Kundalini Yoga Cathy	Ashtanga	Kundalini Yoga Ravi		
Wednesday	Ashtanga Yoga Regina & Courtney			Kundalini Yoga Ravi	Yoga Blend Meghan	Yoga Basics Mary	Kundalini Yoga Simran		Kirtan by Donation Chanting w/Music
Thursday	Ashtanga Yoga Regina & Courtney			Kundalini Yoga Simran	Hatha Yoga Emma	Ashtanga	Kundalini Yoga Ravi	Kundalini Yoga Beazer	
Friday				Kundalini Yoga Ravi	Alignment-based Yoga Deborah	Kundalini Blend Cynthia			
Saturday		Hatha Yoga Cynthia.	Kundalini Yoga Ravi						
Sunday		Yoga Dance Jadina	Kundalini Yoga Simran						

Private Yoga Sessions with Our Instructors: \$100, Off Premises :\$130. Please Check raviyoga.com for Updates and Class Descriptions. Private Numerology/Life or Health Counseling with Ravi Singh. See Our Spa Menu for Other Life Enhancing Treatments.

Ravi Yoga Class Descriptions

Kundalini Yoga – Ravi Singh, Simran, Beazer, Cynthia Adams, Cathy Finlay

Kundalini is about infusing your life with strength, success, & spirit. It's a dynamic blend of movement, stretching, breathing, posture, mantra and meditation to experience spirit and give your life a total boost. Modifications are given so all can always participate.

Shakti Yoga – Mary Flinn

This Vinyasa Flow (flowing poses) uses a variety of Kundalini breath exercises and stretches you with a warming flow of postures called Salutations to the Sun. This is an athletic class for body and spirit.

Yoga Blend – Meghan Gerety

Meghan uses her knowledge of Vinyasa, Ashtanga and Kundalini to create a unique class. Beware this class is a vigorous and joyous workout. Her passionate presence is something you'll look forward to.

Hatha Yoga – Cynthia Adams, Emma Grant

A flow of asanas, linked with breath. This class incorporates sun salutations, standing poses, floor work, inversions and deep relaxation. All levels are welcome. Cynthia will inspire you to bring everything you are to all that you do.

Slow Flow Vinyasa – Tabby Biddle

A blend of alignment principles mixed with inner body awareness and a heart center focus. A complete workout for all levels.

Alignment Based Yoga – Deborah Wolk

Focuses on the needs of the individual students, regardless of body type or ability. Using props, alignment, careful sequencing, held postures and pranayama to safely begin to strengthen, open and rejuvenate the body; aligning your musculoskeletal system, and moving inward to open heart and mind.

Yoga Basics – Mary Flinn

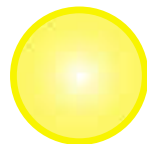
Great for beginners. Learn the basic breathing patterns, postures and routines for many of the classes presented at Ravi Yoga. This will give you a great foundation for a lifetime of yoga.

Led Ashtanga / The Primary Series – Sista Shree (Regina) and Courtney Hayne

A set sequence of asanas poses designed to warm and open the body. The synchronization of the breath with the movements, is known as Vinyasa, and leads to radiance, strength, and flexibility of mind. The class is taught in the tradition of Sri K. Pattabhi Jois who has given both teachers permission to teach this method.

Yoga Dance – Jadina Lillien

Free yourself through movement using Middle Eastern techniques that everyone can do, Yoga, breathing, chanting, slow-movements, dancing and veils. Move from the inside out. Experience the ecstasy of the moment through your timeless self. Open your heart and free your mind. All levels women only.



RAVI YOGA & SPA

We are proud to offer what we believe are the most powerful and accessible body–mind–spirit yoga disciplines for accelerated growth, personal transformation–unfolding, freedom and victory in life.

Ravi Yoga is: Celebration/Discipline, Compassion, Liberation from fears, No dogma, Living outside the box, Evolving a grand synthesis of Yoga, An old soul oasis. Ravi is the sun which shines equally on all and the fire of purification and the power within you.

212 673 1711 • 122 East 25th St. @ Lexington Ave • raviyoga.com

Substance Over Form, Spirit Over Matter