



**SEVEN NORTH VILLAGE AVE
ROCKVILLE CENTRE NY 11570**

**FOR MORE INFO CALL 516-61-YOGA-1
OR VISIT WWW.REVOLUTION-YOGA.COM**

**\$40 FOR 1 MONTH
UNLIMITED
YOGA
(FOR FIRST TIME
STUDENTS ONLY)**

MAY 2017 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>9:30A-10:45A HATHA/ YIN RAF RIVERA</p> <p>9:30A-10:45A RESTORATIVE/YOGA NIDRA ADRIANA GARCIA</p>	<p>8:15A-9:00A COMMUNITY MEDITATION ANNE MOFFAT</p> <p>9:30A-11:00A HATHA/ YIN RAF RIVERA</p> <p>11:30A-12:45P REVOLUTION FLOW CALI PULICE</p>	<p>9:30A-10:45A GENTLE FLOW MALKY SCHWARTZ</p> <p>11:30A-12:45P REVOLUTION FLOW RENATA LANGNER</p>	<p>8:15A-9:00A COMMUNITY MEDITATION ANNE MOFFAT</p> <p>9:30A-11:00A REVOLUTION FLOW GABBY TRIPODI</p> <p>11:30A-12:45P GENTLE FLOW MALKY SCHWARTZ</p> <p>1:00P-2:00P COMMUNITY GENTLE FLOW JONNIE LIEBERMAN</p> <p>4:30P-5:45P HATHA/YIN RAF RIVERA</p> <p>6:00P-7:15P REVOLUTION MAHA FLOW CALI PULICE</p> <p>6:00P-7:15P RESTORATIVE/ YOGA NIDRA EVA HOULIDAN</p> <p>7:30P-8:45P REVOLUTION FLOW RAF RIVERA</p>	<p>9:30A-10:45A REVOLUTION FLOW AMANDA DIGIOVANNA</p> <p>11:30A-12:45P GENTLE FLOW RENATA LANGNER</p> <p>5:30-6:30P POWER HOUR SUEJEAN NAGLIERI</p> <p>6:45-8:00P COMMUNITY GENTLE FLOW EVERLYN WHITE</p>	<p>8:00A-9:00A REVOLUTION MAHA FLOW JODI LANGEVIN</p> <p>9:15A-10:15A GENTLE FLOW CAITLYN HOLSTAG</p> <p>10:30A-11:45A REVOLUTION FLOW LISA RIES</p> <p>4:30P-5:45P COMMUNITY REVOLUTION FLOW ALLISON DASH</p>	<p>8:00A-9:15P REVOLUTION FLOW JENNA MANINNO</p> <p>8:00A-9:15P YIN YOGA EVA HOULIHAN</p> <p>9:15A-10:15A REVOLUTION FLOW CHARLENE LAWRENCE</p> <p>11:00A-12:15P REVOLUTION FLOW LISA BRAUN</p> <p>HATHA 4:30P KELLEY ROBERTS</p> <p>6:00P-7:00P RESTORATIVE/YOGA NIDRA ADRIANA GARCIA</p>

*** SPECIALTY CLASS-PRE-REG REQ**

**PLEASE CHECK OUR WEBSITE FOR MORE
INFORMATION AND DETAILS ABOUT OUR
WORKSHOPS, 200-HOUR YOGA TEACHER TRAINING
AND KIDS YOGA PROGRAMS**

CLASS DESCRIPTIONS

REVOLUTION FLOW: (MODERATE TO STRONG) All levels of practitioners welcome! One of our most popular style classes. Vinyasa Krama: Intelligently and safely sequenced for injury prevention. Flowing with breath from posture to posture. Sequenced Ayurvedically (to balance you for the season) injected with all 8 limbs of yoga- not just asana (physical practice) so get your daily dose of philosophy meditation asana pranayama (breath work) to get the full yoga experience as the ancient rishis and sages intended. 1 hr & 15 m

CREATIVE LOTUS FLOW : (MODERATE TO STRONG) all levels of practitioners welcome! for 1 hr 15 m we transform the practice space into a colorful cosmic playground of funky flows, creativity, discovery and awakening. A dancing vinyasa flow sprinkled with unique diety postures and breathwork to invoke powerful energetic seeds within. (laughing lotus/kundalini inspired)

REVOLUTION BHAKTI FLOW: (MODERATE TO STRONG) All levels of practitioners welcome! Bhakti means devotion. A Bhakti yogi is devoted and in gratitude to the

universe and all it gives! bhakti yogis believe that the true self was made for love so expect a heart centered class. We start with chanting and end with chanting. Bhakti philosophy will be introduced throughout class so you'll be sure to leave a little lighter, in a loving, blissed state.

REVOLUTION MAHA FLOW: (STRONG) maha in sanskrit means great. This is our sweatiest class with lots of options for inversions, arm balancing and advanced variations of asana (postures). Requirements are at least 6 months of practice prior to attending.

BUILD UP FLOW: (MODERATE) BUILD UP FLOW is a class for advanced beginners & exp. practitioners alike to unpack asana (yoga postures), each class has it's own peak pose. All the postures leading up to this pose will open body and create the strength needed for the peak posture. Once you get there you will understand the anatomy and physiology of the peak posture inside and out. Our aim is for you to be empowered to reach the depths o your practice!

in your practice and that you will have deep knowledge of the postures so you can practice safely and strongly. When you build a strong foundation your house will stand up strong! Each week showcases a different peak pose.

RESTORATIVE: (BASIC TO GENTLE) Revolutions unique brand of Restorative. Passive practice- students propped in postures on the floor. Yogic accupressure during hands on, yoga nidra- a guided relaxation meditation. sequenced ayurvedically.

YIN YOGA: iHolding propped postures until the body opens into them

HATHA YOGA: Gentle movement and holding postures to balance the body.

REVOLUTION SLOW BURN FLOW: (NIODERATE/STRONG) A slow moving vinyasa class to ground you and help you relax after a long week

PRICE LIST

DROP IN: \$20 STUDENT/SENIOR: \$12

MONTHLY UNLIMITED: \$150 (auto-renew)

STUDENT/SENIOR/ VET/ DISABLED: \$89 (auto)

CLASS PACK: 5/ \$90, 10/\$170. 20/\$320

PRENATAL/ MOM & ME/ POSTNATAL: 10/ \$190

TEEN: 8/ \$88 KIDS 10/\$170, 20/ \$320