



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)

DECEMBER 2017 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>9:30A-10:45A HATHA/YIN RAFAEL RIVERA</p> <p>*9:30A-10:45A RESTORATIVE/ YOGA NIDRA MICHELINE DEBONO</p> <p>4:30-5:45P REVOLUTION FLOW BEC GATHMANN LANDINI</p> <p>*6:00P-7:15P (COMMUNITY) GENTLE FLOW/ PRENATAL SARAH GALLAGHER</p> <p>7:30P-8:45P REVOLUTION FLOW CALI PULICE</p>	<p>8:15A-9:15A (COMMUNITY) MEDITATION ANNE MOFFAT</p> <p>9:30A-10:45A HATHA/YIN RAFAEL RIVERA</p> <p>11:30-12:45P REVOLUTION FLOW CALI PULICE</p> <p>4:30P-5:45P REVOLUTION FLOW AMANDA DIGIOVANNA</p> <p>6:00P-7:15P RESTORATIVE/YOGA NIDRA SUEJEAN NALGIERI</p> <p>7:30P-8:45P REVOLUTION FLOW BEC GATHMANN LANDINI</p>	<p>9:30A-10:45A GENTLE FLOW/PRENATAL ALLISON LB KORNBLOTH</p> <p>11:30A-12:45A REVOLUTION FLOW RENATA LANGER</p> <p>6:30-7:15P NEWBIES RENATA LANGER</p> <p>7:30P-8:45P REVOLUTION FLOW AMANDA DIGIOVANNA</p>	<p>8:15A-9:15A (COMMUNITY) MEDITATION ANNE MOFFAT</p> <p>9:30A-10:45A REVOLUTION FLOW AMANDA DIGIOVANNA</p> <p>11:30-12:45P GENTLE FLOW/PRENATAL NALKY SCHWARTZ</p> <p>4:30P-5:45P HATHA/YIN RAFAEL RIVERA</p> <p>6:00P-7:15P RESTORATIVE/YOGA NIDRA RAFAEL RIVERA</p> <p>7:30P-8:45P REVOLUTION FLOW RAFAEL RIVERA</p>	<p>9:30A-10:45A REVOLUTION FLOW AMANDA DIGIOVANNA</p> <p>11:30A-12:45P GENTLE FLOW/PRENATAL RENATA LANGER</p> <p>5:30P-7:45P †REVOLUTION FLOW SUEJEAN NALGIERI</p>	<p>8:00A-9:15A REVOLUTION MAHA FLOW JODI LANGEVIN</p> <p>9:15A-10:15A †GENTLE FLOW/PRENATAL KELLY GRZINIC</p> <p>10:130A-11:45A REVOLUTION FLOW LISA RIES</p>	<p>8:00A-9:15A REVOLUTION MAHA FLOW JENNA MANNINO</p> <p>*8:00A-9:15A YIN YOGA KELLEY ROBERTS</p> <p>*9:30A-10:45A †GENTLE FLOW/PRENATAL SARAH GALLAGHER</p> <p>9:30A-10:30A REVOLUTION FLOW CHARLENE LAWRENCE</p> <p>11:00A-12:30A REVOLUTION FLOW LISA BRAUN</p> <p>4:30P-5:45P †HATHA/YIN SAJAH</p> <p>6:00P-7:15P RESTORATIVE/YIN ADRIANA GARCIA</p>
					<p>PLEASE CHECK OUR WEBSITE FOR MORE INFORMATION AND DETAILS ABOUT OUR WORKSHOPS AND 200-HOUR YOGA TEACHER TRAINING</p>	
				<p>* class held in back practice space</p>		
CLASS DESCRIPTIONS						

REVOLUTION FLOW: (Moderate to Strong) All Levels of Practitioners Welcome! One of our most popular class styles. Vinyasa Krama the art of intelligent sequencing provides a practice that satisfies all levels of practitioners for the season we are in. Many options provided for you to practice safely in your unique body Vinyasa style including philosophy, breath work and asana.

REVOLUTION MAHA FLOW: (Advanced/Strong) Maha means great, this is our sweatiest class with lots of options for advanced postures. Practitioners should have consistent practice for 6 months prior to taking.

GENTLE FLOW: (Safe for Prenatal/ But OPEN TO ALL) Extra Gentle movement for everybody but especially welcome to prenatal. Nourish yourself, strengthen mind body spirit. Relieve low back tightness, tight hips, tight shoulders. Designed with vinyasa krama but no advanced options explored.

MEDITATION: Learn meditation according to the Himalayab Yoga Masters. Class includes some philosophy, breath work, and instruction on seated meditation practice. Group meditation follows.

RESTORATIVE/YOGA NIDRA: Postures are supported on the floor with props as teacher helps you to deeply relax. Great for PMS, colds, and for deep relaxation and healing. Boost immune function and decrease stress related illness Good for those with injuries or limited movement.

HATHA/YIN: Hatha explores holding postures for extended periods to build strength. Yin explores holding postures for extended periods to deepen myofascial release and increase flexibility. We combine the two to create the perfect combination for speedy bodily transformation.

KUNDALINI: From the lineage of Yogi Bhajan, kriyas breath work and movement unlocks energy in the nervous system for profound effects.

WOMANS YOGA: Gentle flow class for women only! Prenatal, Postnatal, fertility menopause friendly. Ages 12-95. Practice in an empowering, inspiring, and supportive environment. Class in kosher room honoring religious sensitivities.

*YOGA NEWBIES: Yoga for people who have never done yoga before! A place for newbies to explore the most basic basics and discover the practice of Yoga. 4-week workshop series begins Friday, December 7th 2012. Pre-registration required.

COMMUNITY: We understand that not everyone can afford a monthly membership so we partner with the new graduates from our teacher training program to offer donations based classes. Suggested donation is \$10 but we expect you pay what you can. We believe everyone should have access to yoga practice. We do not take profits from these classes all proceeds go towards the charity of the teacher's choice. This is our seva and we hope to benefit the community at large with these offerings.

PRICE LIST

DROP IN: \$20 **STUDENT/SENIOR/VET: \$12**
MONTHLY UNLIMITED: \$150 (auto-renew)
YEARLY UNLIMITED: \$116 (auto-renew)
5 CLASS PACKAGE: \$90 (Expires in 2 months)
10 CLASS PACKAGE: \$170 (Expires in 3 months)
20 CLASS PACKAGE: \$320 (Expires in 6 months)