

Weekly Schedule

Monday

6:00 a.m. - 7:15 a.m.	Ayur-Yoga with Meditation	Donation*	Maury
9:30 a.m. - 10:45 a.m.	Hatha Yoga	\$15/pass	Neve
7:30 p.m. - 8:45 p.m.	Yin Yoga	\$15/pass	Christal

Tuesday

12:00 p.m. - 1:15 p.m.	Ayur-Yoga with Meditation	Donation*	Maury
6:00 p.m. - 7:15 p.m.	Yoga Foundations 1	\$20/pass	Neve
7:30 p.m. - 8:45 p.m.	Prenatal Yoga	\$15/pass	Neve

Wednesday

6:00 a.m. - 7:15 a.m.	Ayur-Yoga with Meditation	Donation*	Maury
10:15 a.m. - 11:30 a.m.	Chair Yoga	Donation*	Linda
5:30 p.m. - 7:00 p.m.	Hatha/Yin Yoga	\$15/pass	Aruna

Thursday

12:00 p.m. - 1:00 p.m.	Yoga (All levels)	\$15/pass	Christal
6:00 p.m. - 7:15 p.m.	Yoga Foundations 2	\$20/pass	Neve
7:45 p.m. - 8:45 p.m.	Belly Dancing	Donation*	Mayura/Alicia

Friday

6:00 a.m. - 7:15 a.m.	Ayur-Yoga with Meditation	Donation*	Maury
4:30 p.m. - 6:00 p.m.	Hatha Yoga	\$15/pass	Aruna
6:30 p.m. - 8:00 p.m.	Restorative Yoga (2 nd & 4 th Friday)	\$15/pass	Neve
	Conscious Social Dance (3 rd Friday)	\$10 lesson/\$7 dance	Neve

Saturday

9:30 a.m. - 11:30 a.m.	Ayur-Yoga with Meditation	Donation*	Dilip/other
12:00 p.m. - 1:15 p.m.	Foundations 1	\$20/pass	Neve
2:00 p.m. - 4:00 p.m.	Dance, Drum, Meditation	\$10 donation	Charisse/Myles
4:30 p.m. - 5:30 p.m.	Kids Yoga (6 and up)	\$5/class	call to inquire

Sunday

8:00 a.m. - 9:30 a.m.	Community Practice (All levels)	Donation*	Community
10:30 a.m. - 11:45 p.m.	Bhakti Yoga	Donation*	Neve
7:30 p.m. - 8:45 p.m.	West African Drumming	\$10 donation	Bill

Passes: \$120 for 10 classes; \$200 for 20 classes
 (for yoga only) \$192 for Foundations 12 class series
 \$45 Trial month; \$25 Trial week (for new members only)

Discount Rate: \$13 for Military, Seniors, Students. Portsmouth Residents

***Donation Classes:** Recommended donation is \$15+ but no one is turned away due to lack of funds. Your generosity is appreciated as your donations support the operations of the center and those who could not otherwise afford to attend.

Updated 4/21/2017 | www.sattvicpaceyoga.com | info@sattvicpaceyoga.com | 757-655-3322

CHECK WEBSITE CALENDAR DAY OF CLASS FOR CHANGES OR CANCELLATIONS