



# Shakti Yoga

## WINTER 2024 CLASS SCHEDULE

*\*See website for class changes and cancellations\**

Some classes are offered as online live streams...see website Class Schedule.

*Classes are ongoing, unless otherwise indicated. You are welcome to join classes anytime.*

<u>DAY &amp; TIME</u>	<u>CLASS</u>	<u>TEACHER</u>
<b>MONDAY</b> 11:00 am-12:00 6:00-7:15 pm	Gentle Beginner Mixed level	Angela Jamie
<b>TUESDAY</b> 11:00-12:15 pm 5:00-6:15 pm	Mixed Level Mixed Level	Angela Jacki
<b>WEDNESDAY</b> 10:00-11:00 am	Chair Yoga	Jacki
<b>THURSDAY</b> 11:00-12:15 pm	Mixed Level	Angela
<b>FRIDAY</b> 10:00-11:00 am 12:00-1:00	Beginner Level Pilates & Barre Classes- TBA	Jacki Jonette
<b>SATURDAY</b> 8:30-9:30 am 10:00-11:15 am	Mixed Level Mixed Level	Sara or Angela Jacki
<b>SUNDAY</b> 10:00-12:00	*Restorative Yoga & Meditation Workshops *Offered once a month (see website for dates)	Angela and Jacki

*Payments: cash, check, or via PayPal on website- see Class Schedule page.*

**75-minute class fees:** Drop-in: \$15    5 class card ...\$68    10 class card...\$130    \*20 class card ...\$230

**60-minute class fees:** Drop-in: \$12    5 class card...\$50    10-class card...\$100    \*20-class card...\$200

*\*Fill up your class card (after 20 classes) and receive a free class!*

**New students... \$25 for 2 weeks unlimited classes.**

**College students: Unlimited classes for 1 semester...\$100    50% off all regular class card fees.**

**New students...\$25 for 2 weeks unlimited classes.    Drop-in fee...\$8.**

**Private yoga classes... \$70 (1 hr. session); \$60 (2 or more sessions); see details on website.**

*Shakti Yoga is a Registered Yoga School with Yoga Alliance and YA certified teachers.*

Angela Caplan, Jacki McCausland, Jamie Roche, Sara Kelly, Jonette Lancos

[www.shaktiyogageneseo.com](http://www.shaktiyogageneseo.com)    [shaktiyogageneseo@gmail.com](mailto:shaktiyogageneseo@gmail.com)

**Location:** 63 Main Street, Geneseo 585-447-9062

*Breathe easy and trust the wisdom of your heart.*

