



yoga classes • yoga therapy • massage therapy

at ease in your body ♦ quiet in your mind

Yoga Class Schedule

Tuesday	Thursday	Saturday
10:00-11:30am <i>Continuing yoga</i>	10:00-11:30am <i>Continuing yoga</i>	9:30-11:00am <i>Continuing yoga</i>
5:30 - 7:15pm <i>Deeper yoga</i>	6:30 - 8:00pm <i>Continuing yoga</i>	

*\$20 for drop-in class. Class packages available based on type and number of classes attended per week for as low as \$12.50 per class. Contact Serene directly to explore class package options. Pre-registration is best to ensure your spot:
865-789-9731 or email Info@SereneYogaandHealing.com
Please wear comfortable clothing to class. All props are provided in class.*

Continuing yoga classes

This level is best for anyone new to yoga, and recommended for the first 1-2 years of practice.

Deeper yoga classes

This level is designed to go deeper, and includes more advanced poses and techniques. Recommended for those who have been practicing *Svaroopa*[®] yoga for at least a year.

Free Newcomer classes *this class is run approximately once a month or every two months*

This class is designed to orient new and prospective students to the *Svaroopa*[®] yoga practice. Students will have the opportunity to experience this powerfully transformative yoga within the context of an introductory class. All fitness levels, body types, and ages are welcome to attend. Call or email to register in advance.

About Svaroopa[®] Yoga Classes

With core opening as the basis for approaching the body classes are choreographed to support and promote this process in each student. Therefore, classes are smaller and highly individualized. Propping and careful attention to alignment are utilized in order to facilitate spinal release. All of this is carried through the body without pain or strain as students learn and experience the principles of support and release. Beginning with the first pose Shavasana (Relaxation Pose), students learn to lean or rest into the support of the floor. In each class students learn to lean into propping as well as their own skeletal structure for support, perpetuating the release of tension along the spine and throughout the body.

Private Yoga Therapy Sessions

Private yoga therapy sessions are specifically designed to meet the individual needs of each client. Private therapy sessions may involve the use of Embodiment[®], breathing techniques, yoga therapy techniques, or individualized instruction for a home routine to help support your ongoing process. Overlap healing is also available to jump-start or support faster change and / or improvement. See *Serene Yoga and Healing* website for more specific details about therapy sessions.

Poses are customized to your body's needs, and personal alignments and adjustments are included in each class or private session.