



New Student Information

All Greenville Yoga classes are small and geared to individual student needs. You will easily find one that fits into your schedule. You don't have to learn a routine or have any physical skill. You just start where you and your body are and carry on.

Classes titled Beginner's Yoga & Yoga for EveryBODY are perfect for your first class. If you have physical challenges, you might want to start with a Restorative Yoga class. Classes most appropriate for those starting Yoga are starred on the schedules inside. (You do not have to attend a beginner's yoga class to start. Select a time that suits your schedule and show up.)

WHAT SHOULD I WEAR? We have no mirrors in our yoga spaces so don't worry about what you look like. Wear comfortable clothes like what you would wear to an exercise class. Yoga is done barefoot, so no shoes required.

WHAT DO I NEED? We have everything you need at each studio. You will want to eventually buy your own yoga mat, but you are welcome to borrow one of ours to start.

WHAT DO I DO? Arrive a few minutes before class. Pay per class - no membership needed (cash and checks only). Tell the teacher if you have any physical challenges or injuries and that this is your first class (or first in a long time). Pick up a mat if you didn't bring one, and roll out your mat in the studio. Lay down or sit and become quiet until class begins.

WHAT DO I DO WITH MY THINGS? Shoes and personal belongings (including your phone) are left in the cubicles outside. This action represents leaving all your baggage outside the yoga space.

WHAT HAPPENS WHEN THE CLASS DOES SOMETHING I CAN'T DO? Ask the teacher to adapt the pose for you. There are 840,000 different poses. There is always a variation you can do. If you get over tired or feel over your head, you can always come out of a pose and rest.

WHY SHOULD I START YOGA? You can ask 10 yoga students and get multiple answers. Strength, peace of mind, flexibility, overcoming physical challenges, better sleep. But most of all - it's fun. The only way you will know is to come try a class.



INSPIRATION FOR THE BODY, MIND & SPIRIT

Two Neighborhood Locations:

North Main, 10 W. Stone Ave | Augusta Road, 2021 Augusta Street

www.greenvillyoga.com

MONDAY

9:15am-10:30am	Iyengar Style	Janice*
10:45am-11:45am	Restorative Yoga	Janice*
4:00pm-5:00pm	Community Yoga (\$5)	Jessica S*
5:30pm-6:45pm	Mindful Flow	Lynn
7:00pm-8:15pm	Sivananda Yoga	Caroline*

TUESDAY

6:30am-7:30am	Iyengar Style	Janice*
9:15am-10:30am	Mindful Flow	Brian
12:00pm-1:00pm	Community Yoga \$5	Lynn*
4:00pm-5:00pm	Community Yoga \$5	Kate*
5:30pm-6:45pm	Ashtanga Yoga	Emma
7:00pm-8:15pm	Mindful Flow - Level 1 & 2	Liz*

WEDNESDAY

9:15am-10:30am	Iyengar Style- Level 2 & 3	Janice
10:45a-11:45am	Restorative Yoga	Janice*
12:00pm-12:30pm	Meditation (\$5)	Lynn*
4:00pm-5:00pm	Community Yoga (\$5)	Jessica S*
5:30pm-6:45pm	Mindful Flow	Lynn
7:00pm-8:15pm	Sivananda Yoga	Caroline*

THURSDAY

6:30am-7:30am	Iyengar Style	Janice*
9:15am-10:30am	Mindful Flow	Brian
12:00pm-1:00pm	Community Yoga \$5	Lynn*
4:00pm-5:00pm	Community Yoga \$5	Kate*
5:30pm-6:45pm	Ashtanga Yoga	Emma
7:00pm-8:15pm	Mindful Flow - Level 1 & 2	Liz*

FRIDAY

9:15am-10:30am	Iyengar Style- Level 2 & 3	Janice
10:45am-11:45am	Yoga for EveryBODY	Janice*
4:00pm-5:00pm	Community Yoga (\$5)	Jessica S*
5:30pm-6:45pm	Mindful Flow	Lynn

SATURDAY

9:00am-10:15am	Sivananda Yoga	Caroline*
10:45am-12:00pm	Mindful Flow- Level 1 & 2	Kelly VanD*

SUNDAY

9:00am-10:15am	Community Yoga - Level 1 & 2 (\$5)	Liz*
10:45am-12:15pm	Mindful Flow - Level 2 & 3 (donation)	Liz
2:00pm-3:15pm	Yoga for Women's Health	Jennifer*

MONDAY

9:15am-10:30am	Mindful Flow- Level 2 & 3	Brian
10:45am-11:45am	Mindful Flow- Level 1 & 2	Jill*
4:00pm-5:00pm	Community Yoga (\$5)	Donna*
5:45pm-7:00pm	Mindful Flow	Brian

TUESDAY

9:15am-10:30am	Mindful Flow- Level 1 & 2	Liz*
12:00pm-1:00pm	Yoga for Women's Health	Liz*
4:00pm-5:00pm	Community Yoga (\$5)	Alicia*
5:45pm-7:00pm	Restorative Flow	Keri

WEDNESDAY

9:15am-10:30am	Mindful Flow- Level 2 & 3	Brian
10:45am-11:45am	Mindful Flow- Level 1 & 2	Jill*
4:00pm-5:00pm	Community Yoga (\$5)	Donna*
5:45pm-7:00pm	Mindful Flow	Brian

THURSDAY

9:15am-10:30am	Mindful Flow- Level 1 & 2	Liz*
10:45am-11:45pm	Mom & Baby Yoga	Jessica K.
12:00pm-1:00pm	Yoga for Women's Health	Liz*
4:00pm-5:00pm	Community Yoga (\$5)	Alicia*
5:45pm-7:00pm	Restorative Flow	Keri

FRIDAY

9:15am-10:30am	Mindful Flow- Level 2 & 3	Brian
10:45am-11:45am	Mindful Flow- Level 1 & 2	Jill*
4:00pm-5:00pm	Community Yoga (\$5)	Donna*
5:45pm-7:00pm	Mindful Flow	Brian

SATURDAY

9:00am-10:30am	Community Yoga-level 1 & 2 (\$5)	Brian*
10:45am-12:15pm	Mindful Flow- Level 2 & 3	Brian

SUNDAY

9:00am-10:15am	Mindful Flow	Jill
2:00pm-3:15pm	Restorative Flow	Keri
3:30pm-4:30pm	Restorative Yoga	Keri*

All classes \$10, unless stated otherwise; Class descriptions are online.

* Suitable for those new to yoga or those with physical challenges