

YOGA at Jasmine Dragons

111 Center St. Chardon, Ohio - 440 286 5153 www.thejasminedragons.com.
jasminedragons@gmail.com

Anne Ondrey MSW, E-RYT

~Alignment Yoga~

A practice open to all levels focusing on aligning the body for optimum freedom of movement

Monday 9:30 - 11:00 am / Wednesdays 5:00 – 6:30 pm / Thursdays 7:30-9:00 pm

~Once Down, Once Up Yoga~

A therapeutic class where students get down on the floor and up only once with no weight bearing on knees or wrists. Admission by permission of instructor as class size is limited.

Tuesdays 9:00 - 10:30am

\$12.00 drop-in fee / \$30 for (a minimum) 3 class pass. Student rate \$6.00 * (Contact Anne @ tondrey999@aol.com or 440 278 0065)

Denise Musgrave- RYT

~Power Vinyasa Yoga~

A Continual flow connecting in breath promoting strength, focus, balance, endurance, and flexibility. This class challenges oneself offering a physical, mental and spiritual connection while detoxifying and opening the body. Modifications are offered. Class includes props and music.

Mondays 6:45 – 8:00 pm / Wednesdays 6:45 – 8:00 pm / Fridays 5:15-6:15 pm

\$12.00 drop-in fee / \$120.00 for a 10 class pass and get the 11th class FREE * (Contact Denise @ Sunshineyoga88@gmail.com or 440 221 3281)

Patty Gliha-RYT

~Weekend Warm-up~

A gentle yoga class open to all levels. Increase awareness of body, mind and spirit through breathwork, asanas and meditation.

Saturdays 9:00 am-10:15 am

\$12.00 drop-in fee / \$30 for (a minimum) 3 class pass. Student rate \$6.00 * (Contact Patty @ PMG210@gmail.com)

Carissa Moon-RYT

“Tiny Inspirations” YOGA for KIDS!

This class offers our children the opportunity to channel into, explore and cultivate the deep peace waiting within us using gentle postures, breath work, fun and laughter!

Ages 5 -10 (ages negotiable) Fridays: 6:30-7:30pm

\$10 drop-in fee/\$1 mat rental fee or \$35 monthly mat included * (Contact Carissa at moon.carissa@gmail.com)