

WINTER 2014 YOGA SCHEDULE

monday

9:00-10:30am w/ *kelley doyle* Prana Vinyasa™ Flow

tuesday

4:00- 5:00pm w/ *kelley doyle* Prana Vinyasa™ Flow

6:30-7:30pm w/ *kelley doyle* Gentle Flow -
(great for beginners and people with physical limitations)

wednesday

9:00-10:30am w/ *kelley doyle* Prana Vinyasa™ Flow

5:30-6:45 pm w/ *kelley doyle* Prana Vinyasa™ Flow * starting Jan. 21, 2015

thursday

4:00- 5:00 pm w/ *kelley doyle* Prana Vinyasa™ Flow

friday

9:30- 10:45am w/ *erin christine* Yoga

6:00- 7:00 pm w/ *valerie hart* Yoga for EVERYBODY!

saturday

9:00-10:15am w/ *kelley doyle* Prana Vinyasa™ Flow

sunday

5:30-6:45pm w/ *variety of teachers* Yoga for Climbers!
\$5 suggested donation

"Kelley Doyle is a soulful teacher with a heart of mountain gold. Nature informs her teaching of the flow of Prana. Her presence is a nourishing force to evolve as a teacher in her guidance."

~ Shiva Rea

SPECIAL EVENTS

GRAND OPENING & WINTER SOLSTICE CELEBRATION

December 21 ~ 3:00-5:00 Yoga Mala
5:00 Grand Opening Party

HAPPY HIPS, HEARTS & INNER STRENGTH w/ Lora Heiner

January 10 ~ 6:00-8:00 pm ~\$25

YOGA TRANCE DANCE + Acro Yoga w/ Michelle Bouvier

Saturday January 24 ~ 7:00-9:00 pm YTD (by donation)
Sunday January 25 ~ 5:00-7:00 pm ~ \$25

INTRO TO AYURVEDA w/ Maria Garre

February 20-22
Full Weekend ~ \$375 before Feb 1 ~ \$425 after

SATURDAY MASTER CLASSES w/ Kelley Doyle

January 24 ~ 9:00-11:30
March 14 ~ 9:00-11:30

PRANA ~ is life energy...the breath within that's continuously expanding & rising to meet the fullness of its own potential...

VINYASA ~ is fluidity & seamless transition in infinite waves...

Drop-in ~ \$12

5 Classes ~ \$50

10 Classes ~ \$90

Sierra Shanti

275 South Main Street

Bishop, CA 93514

kelley@sierrashanti.com

760.937.3937



sierrashanti.com