



## FREE Adaptive Yoga Programs

**PranaYoga Foundation** is a nonprofit organization dedicated to providing wellness and healing for people on the cancer journey and living with chronic pain.

**Contact:** [info@pranayogafoundation.org](mailto:info@pranayogafoundation.org) for financial assistance and free classes.

**Location:** 1301 Lafayette Street (Downtown Fort Wayne) and Cancer Services of Northeast Indiana

Day	Time	Class	Teacher
Tu	11am	Pranayoga Adaptive Yoga	Julia
F	11am	Pranayoga Adaptive Yoga	Linda
Mon	5 pm	Adaptive Yoga At Cancer Services Northeast Indiana	Linda
Mon	6 pm	Meditation at Cancer Services Northeast Indiana	Linda

Classes are also held onsite at Cancer Services of Northeast Indiana, Lutheran Hospital, & Little Red Door Cancer Agency. For more info and to support our cause visit [PranayogaFoundation.org](http://PranayogaFoundation.org)

## PranaYoga Memberships

**PranaPerks Monthly Auto-Pay \$79/month** (No Contract-3 month minimum)

**Student Monthly Auto-Pay \$65/month**-(no contract)-Must show valid student i.d.

### What is PranaPerks?

- 10% off retail
- Free passes for friends who have never been here
- Special pricing on workshops
- 20% off yoga and meditation 101 series
- Classes less than \$3 per day
- Supports the PranaYoga Foundation
- 1 child gets free kids yoga

**Family Monthly Auto-Pay-\$135/month**-Includes PranaPerks

**PranaPerks Annual Membership** (paid in full)-\$750

### Drop Ins

Single class drop in fee \$17/class.

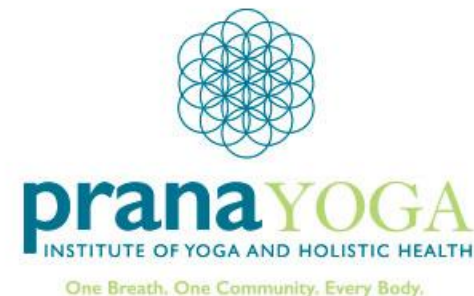
## Yoga Therapy

PranaYoga offers the only nationally recognized yoga therapy programs and certified yoga therapist in Northern Indiana.

### Yoga Therapy Session

\$85/Hour

ph: 260-627-YOGA (9642)  
[info@pranayogaschool.com](mailto:info@pranayogaschool.com)  
[pranayogaschool.com](http://pranayogaschool.com)



## Class Schedule June 2017

**Three convenient Fort Wayne locations!**

Downtown  
(1301 Lafayette Street)

Aboite  
(10329 Illinois Rd)

Dupont - **North**  
(9910 Dupont Circle Dr., Suite 140)

Register for events online  
at [pranayogaschool.com](http://pranayogaschool.com)  
or call 627-YOGA.

## Aboite Classes

10329 Illinois Rd, Fort Wayne

Day	Time	Class	Teacher
<b>M</b>	9:15am	All Levels Yoga Flow	Maddi
	4:30pm	All Levels Yoga Flow	Diane
	6:00pm	<b>Prenatal Yoga</b>	(*Series)
	7:30pm	Sattva Yin	Haley
<b>T</b>	5:30am	Hot Yoga	Krysta
	9:15am	All Levels Yoga Flow	Ben
	10:45am	Therapeutics	Linda
	12:15pm	45 min Hot	Haley
	6:00pm	Sattva Vinyasa	Kristina
7:30pm	Sattva Restorative	Haley	
<b>W</b>	9:15am	All Levels Yoga Flow	Maddi
	10:45am	Restorative	Janice
	4:30pm	All Levels Yoga Flow	Mack
	6:00pm	(*Aerial Flow)	(*Series)
7:30pm	Hot Power	Rachel	
<b>Th</b>	5:30am	Hot Yoga	Claudia
	9:15am	Sattva Vinyasa	Vani
	10:45am	Therapeutics	Linda
	12:15pm	45 min Hot	Chelsea
	6:00pm	Sattva Vinyasa	Chelsea
7:30pm	Hot All Levels	Emily	
<b>F</b>	9:15am	All Levels Yoga Flow	Lindsey S.
	6:15pm	All Levels Yoga Flow	Corinne
<b>S</b>	8:00am	Hot Sattva Vinyasa	Chelsea
	9:15am	All Levels Yoga Flow	Maddi
	11:00am	Basics	Karla
	3:00pm	\$5 Community	Cailyn
<b>Su</b>	10am	Sattva Vinyasa	Krysta
	2:00pm	Hatha+Relax	Emily
	6:00pm	(Yoga 101)	(*Series)

## Downtown Classes

1301 Lafayette Street, Fort Wayne

Day	Time	Class	Teacher
<b>M</b>	Noon	Hot Yoga	Julia
	5:15pm	All Levels Yoga Flow	Ben
	5:30pm	Sattva Restorative	Jenny
	6:30pm	Intermediate	Julia
	7:00pm	Yoga Basics	Christy
<b>T</b>	6am	Htd All Levels	Christy
	9:15am	Sattva Vinyasa	Julia
	6:00pm	Sattva Vinyasa	Vani
	7:30pm	Hot Power	Rachael
<b>W</b>	5:30am	Hot Yoga	Lindsey S.
	8:30am	Open Meditation	
	Noon	Hot Yoga	Chelsea
	5:30pm	All Levels Yoga Flow	Amanda H.
	6:00pm	(Prenatal Yoga)	(*Series)
	7:00pm	Yoga Basics	Kerri
	7:30 pm	Restorative+Thai	Chris
<b>Th</b>	6am	Htd All Levels	Christy
	9:15am	Htd Lunar Flow	Lindsey S.
	5:15pm	Htd Lunar Flow	Julia
	5:30pm	Chair Yoga	Jenny
	6:30pm	Hot Power	Rachael
	7:00pm	Chanting Circle (donation based)	Jenny
<b>F</b>	9:45am	Sattva Restorative	Haley
	Noon	Lunar Flow	Chelsea
	4:00pm	Vinyasa Flow	Kristina
<b>S</b>	8:00am	Htd All Levels	Ben
	9:15am	All Levels Yoga Flow	Jenny
	10:45am	Therapeutics	Jenny
	Noon	\$5 Community	Lindsey H.
<b>Su</b>	10:30a	All Levels Yoga Flow	Jenny
	Noon	Meditation	Jenny
	4:00pm	Hot Lunar Flow	Vani
	5:30pm	(Yoga 101 or 201)	(*Series)

## Specialty Series

### Family Yoga Aboite Location 8 Week Series

Mondays 11 am  
6/26/17 - 8/14/17

### All Levels Vinyasa Yoga at the Barr Street Market! 3<sup>rd</sup> Saturday of the Month June – September 10 am -11:30 am

June 17<sup>th</sup>  
July 15<sup>th</sup>  
August 19<sup>th</sup>  
September 16<sup>th</sup>

Recommended \$5 donation, all  
proceeds go to the PranaYoga  
Foundation.

<http://pranayogafoundation.org>



**pranaYOGA**  
INSTITUTE OF YOGA AND HOLISTIC HEALTH

One Breath. One Community. Every Body.

\*Series are additional cost. Pre-Registration Required.  
Check online for complete dates or call 260-627-9642.

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