



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 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	Adaptive Chair Yoga Pranayoga	Julia
F	11am	Adaptive Chair Yoga Pranayoga	Linda
Mon	5 pm	Adaptive Chair 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

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
pranayogaschool.com



pranaYOGA
INSTITUTE OF YOGA AND HOLISTIC HEALTH

One Breath. One Community. Every Body.



Class Schedule September 2017

Three convenient Fort Wayne locations!

Downtown - Central
1301 Lafayette Street

Aboite - SW
10329 Illinois Rd

Dupont - North
9910 Dupont Circle Dr., Suite 140

Register for events online
at pranayogaschool.com
or call 627-YOGA.

Aboite Classes

10329 Illinois Rd, Fort Wayne

Day	Time	Class	Teacher
M	9:15am	All Levels Yoga Flow	Karla
	11am	Adaptive Flow	Karla
	4:30pm	All Levels Yoga Flow	Diane
	6:00pm	Prenatal Yoga	(*Series)
7:30pm	Sattva Yin	Haley	
T	5:30am	Heated Yoga	Krysta
	9:15am	All Levels Yoga Flow	Ben
	10:45am	Adaptive Flow	Linda
	12:15pm	45 min Heated	Mack
	6:00pm	Kids Yoga**	Haley
	6:00pm	Sattva Vinyasa	Kristina
7:30pm	Sattva Restorative	Haley	
W	9:15am	All Levels Yoga Flow	Maddi
	Noon	1 Hr Sattva Vinyasa	Haley
	4:30pm	All Levels Yoga Flow	Julia
	6:00pm	(*Aerial Flow)	(*Series)
7:30pm	Heated Power Yoga	Rachel	
Th	5:30am	Heated Yoga	Claudia
	9:15am	Sattva Vinyasa	Vani
	10:45am	Adaptive Flow	Linda
	12:15pm	45 min Heated Yoga	Chelsea
	6:00pm	Sattva Vinyasa	Chelsea
7:30pm	Heated All Levels	Emily	
F	9:15am	All Levels Yoga Flow	Karla
	6:15pm	All Levels Yoga Flow	Corinne
S	8:00am	Htd Sattva Vinyasa	Chelsea
	9:15am	All Levels Yoga Flow	Maddi
	11:00am	Basics	Karla
	3:00pm	\$5 Community	Cailyn
4:30pm	Htd Sattva Vinyasa	Chelsea	
Su	10am	Sattva Vinyasa	Krysta
	2:00pm	Hatha+Relax	Emily
	6:00pm	(Yoga 101)	(*Series)

**Kids Yoga begins on Oct. 3

*Series are additional cost. Pre-Registration Required.

Check online for complete dates or call 260-627-9642.

Downtown Classes

1301 Lafayette Street, Fort Wayne

Day	Time	Class	Teacher
M	9:15am	Heated Lunar Flow	Christy
	Noon	Heated Yoga	Julia
	5:15pm	All Levels Yoga Flow	Ben
	5:30pm	Sattva Restorative	Jenny
	6:30pm	Intermediate	Julia
	7:00pm	Yoga Basics	Christy
T	6am	Heated All Levels	Christy
	9:15am	Sattva Vinyasa	Julia
	11am	Adaptive Chair Yoga	Julia
	6:00pm	Sattva Vinyasa	Vani
	7:30pm	Heated Slow Flow	Rachael
W	5:30am	Heated Yoga	Lindsey S.
	8:30am	Open Meditation	
	Noon	Heated Yoga	Chelsea
	5:30pm	All Levels Yoga Flow	Amanda
	6:00pm	(Prenatal Yoga)	H.
	7:00pm	Yoga Basics	(*Series)
7:30 pm	Restorative+Thai	Kerri	
Th	6am	Heated All Levels	Christy
	9:15am	All Levels Yoga Flow	Lindsey S.
	5:15pm	Heated Lunar Flow	Julia
	5:30pm	Adaptive Chair Yoga	Jenny
	6:30pm	Heated Power Yoga	Rachael
	7:00pm	Chanting Circle	Jenny
		(donation based)	
F	9:45am	Sattva Restorative	Haley
	11am	Adaptive Chair Yoga	Linda
	Noon	Lunar Flow	Chelsea
	4:00pm	Vinyasa Flow	Kristina
	6:15pm	Yoga 4 Recovery	Chelsea
S	8:00am	Heated All Levels	Ben
	9:15am	All Levels Yoga Flow	Jenny
	10:45am	Adaptive Chair Yoga	Jenny
	Noon	\$5 Community	Lindsey
		H.	
Su	10:30a	All Levels Yoga Flow	Jenny
	Noon	Meditation	Jenny
	4:00pm	Heated Lunar Flow	Vani
	5:30pm	(Yoga 101 or 201)	(*Series)

*Series are additional cost. Pre-Registration Required.

Check online for complete dates or call 260-627-9642.

Oaktree Classes

9910 Dupont Circle Dr, Suite 140, Fort Wayne

Day	Time	Class	Teacher
M	Noon	Sattva Vinyasa	Mack
T	Noon	Sattva Vinyasa	Kristina
W	Noon	Sattva Vinyasa	Dani
Th	Noon	Sattva Vinyasa	Christy

NOTE: Classes at Oaktree are free to PranaPerks Members, otherwise \$17 drop-in fee applies.

Specialty Series

Intro to Aerial - 4 Week Series

Sundays 6 P.M., Aboite

Sept. 10 – Oct. 8 with Julia

Yoga 101 – 5 Week Series

Sundays 6 P.M., Downtown

Sept. 10 – Oct. 15 with Christy

Meditation 101 – 4 Week Series

Wednesdays 6 P.M., Oaktree

Sept. 20 – Oct. 11 with Karla

Series are additional cost. Pre-Registration

Required. Check online for complete dates or call

260-627-9642.



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