



## 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	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 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 November 2017

### **Two Convenient Fort Wayne locations!**

Downtown - Central  
1301 Lafayette Street

Dupont – North  
Oaktree Wellness Center  
9910 Dupont Circle Dr., Suite 140

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

## Downtown Classes

1301 Lafayette Street, Fort Wayne

Day	Time	Class	Teacher
<b>M</b>	9:15am	Heated Lunar Flow	Christy
	10:45am	Adaptive Flow	Karla
	Noon	Heated Sattva	Haley
	5:15pm	Hatha	Ben
	5:30pm	Sattva Restorative	Jenny
	6:30pm	Intermediate	Julia
	7:00pm	Hatha Basics	Christy
<b>T</b>	5:30am	Heated Sattva	Krysta
	9:15am	Heated Sattva	Julia
	9:15am	Adaptive Flow	Linda
	11am	Adaptive Chair	Julia
	Noon	Heated Sattva	Mack
	6:00pm	Kids Yoga	Haley
	6:00pm	Sattva Vinyasa	Vani
<b>W</b>	5:30am	Heated Sattva	Christy
	9:15am	Hatha	Maddi
	10:45am	Adaptive Flow	Linda
	Noon	Heated Sattva	Chelsea
	5:30pm	Sattva Vinyasa	Julia
	6pm	<b>(Prenatal Yoga)</b>	<b>(*Series)</b>
	7:00pm	Hatha Basics	Kerri
<b>Th</b>	5:30am	Heated Power Yoga	Rachel
	5:30am	Heated Sattva	Claudia
	9:15am	Sattva Vinyasa	Chelsea
	10:45am	Adaptive Chair	Jenny
	Noon	Heated Sattva	Vani
	5:15pm	Heated Lunar Flow	Kristina
	7:00pm	Sattva Vinyasa Restorative+Thai	Krysta Chris
<b>F</b>	9:45am	Sattva Restorative	Haley
	11am	Adaptive Chair	Linda
	Noon	Heated Lunar Flow	Chelsea
	4pm	Sattva Vinyasa	Kristina

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

## Downtown Cont.

1301 Lafayette Street, Fort Wayne

Day	Time	Class	Teacher
<b>Sat</b>	8am	Heated Hatha	Ben
	9:15am	Sattva Vinyasa	Jenny
	10:45am	Adaptive Flow	Jenny
	Noon	Community Hatha	Kelli
<b>Sun</b>	10:30am	Sattva Vinyasa	Jenny
	Noon	Guided Relaxation	Jenny
	2:30pm	Hatha+Relaxation	Emily
	4pm	Lunar Flow	Vani

## Oaktree Classes

9910 Dupont Circle Dr, Suite 140, Fort Wayne

Day	Time	Class	Teacher
<b>M</b>	Noon	Sattva Vinyasa	Mack
<b>T</b>	Noon	Sattva Vinyasa	Kristina
<b>W</b>	Noon	Sattva Vinyasa	Vani
<b>Th</b>	Noon	Sattva Vinyasa	Christy

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

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

## Specialty Series

### Yoga 101 – 4 Week Series

Sundays 6 – 7:30 P.M., Downtown  
Nov. 5 – Nov. 26 with Jenny

### Meditation 101 – 4 Week Series

Sundays 6 – 7:30 P.M., Downtown  
Nov. 26 – Dec.17 with Dani

### Prana Mamas Prenatal

Wednesdays 6 -7:15 P.M., Downtown  
Nov. 1 – Jan. 3 with Christy  
Registration continues after Nov. 1st

### Self-Massage and Yoga for the Low Back, Hips and Upper Thighs

Friday, Dec 1 – 6 -9 P.M.  
Saturday, Dec 2 – 10:45 A.M. – 3 P.M.  
Downtown with Jenny

### Ayurveda as Living Yoga

Sat, Dec 16 – 9:30 A.M. – 5:30 P.M.  
Sun, Dec 17 – 8:30 A.M. – 4:30 P.M.  
Downtown with James Bailey

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**prana**YOGA  
INSTITUTE OF YOGA AND HOLISTIC HEALTH

One Breath. One Community. Every Body.