



PROJECT YOGA RICHMOND

THE YOGA MENU

SEPTEMBER-DECEMBER
2019



Project Yoga Richmond is a non-profit dedicated to making the benefits of yoga accessible to all.

Sign up in advance to save your spot and support our programs:
projectyogarichmond.org

6517 Dickens Place
Richmond, VA 23230

SERIES

AT PROJECT YOGA RICHMOND

Chakra Balancing

SYD COLLIER

A course designed to explore the energetic body. Learn about the various Chakras, how they impact your life, and how to use this knowledge to help find balance in the more subtle aspects of our being.

7 weeks, Wednesdays
September 18-October 30
6-7:30 pm
\$80 | \$110 | \$125

The Somatic Experience

DAN WEISEMAN

As patterns of movement are shaped by life experiences, we may develop sensory-motor amnesia, where our muscles forget how to operate properly. Somatics is a practice of awareness, initiated by subtle movements, that retrains the mind and muscles to function more fully, bringing greater ease to movement.

4 weeks, Thursdays
September 19-October 10
6-8 pm
\$48 | \$60 | \$80

Yoga of Recovery: Healing the Habits that Bind Us

BILLIE CARROLL

Are you struggling with destructive habits or addictions? Clear the way for healing in this yoga and ayurveda series. Learn tools and practices that will enhance your current recovery journey and help release habits and behaviors that keep us in bondage.

6 weeks, Mondays
September 30-November 4
6-8 pm
\$72 | \$105 | \$120

WORKSHOPS

AT PROJECT YOGA RICHMOND

Awakening the Psoas Muscle

JAY FIELDS

Almost every body in our sedentary and chronically stressed culture has an over-worked psoas muscle. Known as the muscle of the soul and closely linked with the functioning of the nervous system, the psoas is the deepest core muscle and one that acts unconsciously, so it takes a special approach to work with it in a conscious way.

Saturday, October 5
9 am-Noon
\$50 | \$60 | \$70

Skill in Action

MICHELLE C. JOHNSON

Explore actions and reactions to harness your power so that you may create social change. Through the practice of yoga, pranayama, and meditation, we connect with our inner fire to gain clarity about our actions and their alignment with our higher purpose. Leave this workshop with a deeper connection to self, your community, and all beings.

Saturday, October 19
9:30 am-1 pm
\$40 | \$50 | \$60

OUTDOOR YOGA

ACCESSIBLE AND INCLUSIVE TO ALL

Saturday Salutations

AT THE VIRGINIA MUSEUM OF FINE ARTS
BELVEDERE DECK, 9-10 AM

Sign up and contribute in advance to support PYR's mission.

September 7: Izzy Shurte
September 14: Dan Weiseman
September 21: Billie Carroll
September 28: Nitika Achalam



PROJECT YOGA RICHMOND

Your Practice Has Power

Studio Classes September-December 2019

All classes are drop-in
and pay-what-you-can.

Arrive 15 minutes prior to class.

Doors lock 5 minutes after
class begins.



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can studio and community
outreach programs.

TUESDAY

5:30-6:45 pm

Grit with a Side of Grace

5:30-7 pm

Y12SR (Yoga of 12 Step Recovery)

7-8:15 pm

Empowerment Flow

WEDNESDAY

9:15-10:30 am

Kundalini Yoga

5:30-6:30 pm

Ebb and Slow Flow

6:45-8 pm

Sweet Surrender

THURSDAY

9:30-10:30 am

Mindful Movement

5:30-6:45 pm

Outside the Lines

7-8:15 pm

Yoga for the People

FRIDAY

9:30-10:45 am

Peaceful Flow

6-7:15 pm

Feel Good Friday Flow

SATURDAY

10:30-11:45 am

EnJOYoga

12:30-1:30 pm

Freedom Yoga

2nd Saturdays, 1x/month

SUNDAY

10:30-11:45 am

Bhakti Flow

12:30-1:30 pm

Love Your Body: Yoga for Women

5-6:15 pm

Gentle Yoga

