

The Perfect Blend of MOVEMENT and YOGA.



The Center for Nia and Yoga | [www.Nia-Yoga.com](http://www.Nia-Yoga.com) | 518-463-5145

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at the beautiful urban oasis studio at 4 Central Avenue (corner of Lark St.)

## Studio 1 | Center Pass Schedule

### Monday

5:45 – 7:00 PM Nia w/ Casey

### Tuesday

12:00 – 1:15 PM Lunchtime Yoga w/ Casey

5:45 – 7:00 PM Vinyasa yoga (cont'd)  
w/Theresa

7:15 – 8:30 PM Beginner Vinyasa Yoga  
w/Theresa

### Wednesday

9:30 – 10:30 AM Nia w/ Richele

12 – 1:15 PM Gentle noon Yoga  
w/Theresa

4:30 – 5:40 PM Eclectic Yoga w/Casey

5:45 – 7:00 PM Nia w/Casey

### Thursday

5:45 – 7:00 PM Vinyasa Yoga w/Theresa

7:15 – 8:30 PM West African Djembe  
drumming w/Wayne

### Friday

7:30 – 8:00 AM Meditation w/Casey

8:00 – 9:15 AM Yoga & the 5 stages of healing  
w/Casey

9:30 – 10:45 AM Nia w/Casey

10:45 – 11:30 AM Holding Space for Woman  
(1x mo)

12:00 – 1:15 PM Restorative Yoga  
w/Katie O'Bryan

6:00 – 7:15 PM Live Kuumba  
Dance & Drum dance party  
(TBA)

### Saturday

9:00 – 10:15 AM Live Nia w/Joelle

### Sunday

10:00 – 11:15 AM Nia w/Gretta

4:30 – 5:45 PM Restorative Yoga w/Katie

## Sky Studio | Separate Registration Required for all classes & workshops

Ashtanga Vinyasa Intensive series  
w/Grace

Monday and Wednesday  
5:30 – 7 pm and Saturday 8:30 – 10am

Open Heart Therapy Workshop  
Transpersonal Psychology Workshops

### Kripala Yoga w/Kat:

**Tuesday** 5:30 – 7:00 PM:  
Dynamic Kripalu Yoga

**Wednesday** 7:00 – 8:30 PM:  
Kripalu Yoga and  
Vipassana Meditation

**Thursday** 5:30 – 7:00 PM:  
Gentle Kripalu/Pain Reduction

**Saturday** 10:30 – Noon:  
Deep Stretch & Relaxation



Please check [www.nia-yoga.com](http://www.nia-yoga.com) for real time, updated schedule of classes, special events, monthly Nia community dance Jams and Nia intensive Trainer Training programs