

Gentle Therapeutic Classes



KULA FOR
KARMA

Discover the Heart of
Therapeutic Yoga

In affiliation with Kulaforkarma.org

MONDAY

11:15-12:30 pm

Gentle Therapeutic Yoga

6:00-7:15 pm

Restorative Yoga and Meditation

TUESDAY

10:30-11:45 am

Restorative Yoga and Meditation

1:30-2:45 pm

Gentle Therapeutic Yoga

WEDNESDAY

11:15-12:15 pm

Chair Yoga

6:00-7:15 pm

Yoga for Back Pain

THURSDAY

12:15-1:30 pm

Restorative Yoga and Meditation

FRIDAY

12:30-1:45 pm

Yoga for Stronger Bones

SATURDAY

11:30-12:45 pm

Gentle Therapeutic Yoga

SUNDAY

11:30-12:45 pm

Restorative Yoga and Meditation

3 Barnstable Court, Saddle River, NJ 07458

www.shreeyoga.com • 201-822-1131