

the YOGA room

Yoga for health & serenity

Murray Hill Galleries - Little Italy
2026 Murray Hill Road, Room 210
Cleveland, Ohio 44106

www.yogaroom-cleveland.com

888.338.6344

Monday	9:30 – 10:45 Vinyasa Flow <i>Virginia Iverson</i>			5:30 – 7:00 Iyengar Yoga – 1-2 <i>Erica Steinweg</i>	7:30 – 9:00 Hatha Yoga – 1 <i>Shannon Titus</i>
Tuesday		12:15 – 1:30 Vinyasa Flow <i>Jill Davies</i>		6:00 – 7:15 Vinyasa Flow <i>Jill Davies</i>	7:30 – 8:45 Power Yoga <i>Kristen Shick</i>
Wednesday	9:00 – 11:00 Core Body Wisdom <i>Ginny Nadler</i>			5:30 – 7:00 Iyengar Yoga <i>Peter Pattakos</i>	7:30 – 8:45 Vinyasa Yoga <i>Nicole Seiberlich</i>
Thursday			4:30 – 5:45 Yoga Basics <i>Jill Davies</i>	6:00 – 7:00 Anahat Yoga <i>Jody Schrock</i>	
Friday			4:30 – 6:00 Hatha Yoga – 1 <i>Charlotte Sanpere</i>	6:30 – 7:30 Happy Hour Yoga <i>Mike Jones</i>	
Saturday		10:00 – 11:30 Vinyasa Flow <i>Jen Yuhas</i>	12:00 – 1:15 Power Yoga <i>Megan Witt</i>	3:30 – 5:30 Restivus Yoga <i>Mike & Jesse Bach</i>	
Sunday	9:30 – 10:45 Yoga Basics <i>Jill Davies</i>				

Anahat Yoga: Yoga of the heart; classic Hatha Yoga integrating body, mind and breath in a gentle easy way. Class ends with a quiet meditation. Not recommended for women who are pregnant or nursing

Core Body Wisdom: Precise physiological/anatomical approach for finding balance through alignment. \$275/12 classes or \$25 per class, Class Cards may not be used for this class.

Hatha Yoga: Classical yoga methods integrated with the use of props & detailed instruction for precise alignment.

Iyengar Yoga: Based on the methods of B.K.S. Iyengar; Classical yoga that blends awareness, intelligence, and breath to stretch body and mind. Systematic sequencing, precision, and individual attention are hallmarks of the method.

Power Yoga: An up-beat and vigorously flowing practice.

Vinyasa Flow: An energetic, rejuvenating and thoughtful yoga practice that connects the poses and breath.

Yoga Basics: A slow flowing introduction to Yoga poses promoting flexibility, strength and healing in the body. An excellent class for beginners or for those wishing to relax and slow things down.

Happy Hour Yoga: Celebrate the conclusion of the work week and rejuvenate your mind, body and spirit. This class combines vinyasa flow, restorative postures and breath awareness to help enable you to relax, relieve stresses and enter the weekend with a refreshed perspective. Students are encouraged to remain after class and continue to enjoy happy hour after the asanas.

Restivus Yoga: A class geared toward enabling practitioners to further their yoga practice through understanding their individual alignment, available modifications and breathing techniques.

Single Class Fee - \$10, Class Cards available in increments of 5