

# 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](http://www.yogaroom-cleveland.com)

216.264.YOGA (9642)

Monday				5:30 – 7:00 Hatha Yoga <i>Erica Steinweg</i>	7:30– 8:45 Vinyasa Flow <i>Marcia Hudgel</i>
Tuesday				6:00 – 7:15 Vinyasa Flow <i>Jill Davies</i>	7:30– 8:45 Slow Flow <i>Tabitha Smith</i>
Wednesday				6:00 – 7:15 Slow Flow <i>Margaret Stamm</i>	7:30– 8:45 Meditative Yoga Flow <i>Jess Sikon</i>
Thursday				6:00 – 7:15 Slow Flow <i>Margaret Stamm</i>	7:30– 8:45 Vinyasa Flow <i>Nathan Spagnola</i>
Friday			4:30 – 5:45 Meditative Yoga Flow <i>Hayleigh Robertson</i>		
Saturday	10:00 – 11:15 Jivasara <i>Marni Task</i>	12:15 – 1:30 Slow Flow <i>Marcia Hudgel</i>			
Sunday	9:30 – 10:45 Yoga Basics <i>Jill Davies</i>	11:00 – 12:15 Hatha Yoga <i>Amy Runnels</i>			7:00 – 8:15 Ground Center and Restore <i>Nathan Spagnola</i>

**Hatha Yoga:** Classical yoga that blends awareness, intelligence, and breath to stretch body and mind. Class includes systematic sequencing, precision, and individual attention.

**Jivasara:** A combination of Anusara and Jivamukti Yoga. Anusara is a hatha yoga system that unifies Universal Principles of Alignment with a non-dual tantric philosophy that is epitomized by a “celebration of the heart.” Jivamukti classes consist of creative and flowing vinyasa sequences, inspirational music, breath awareness, meditation, ancient yogic teachings for the modern mind, hands-on alignment and relaxation.

**Ground, Center and Restore:** Prepare for the week by gently moving through initial vinyasas that focus on grounding and centering your energy. We focus on poses that open and release tension, realigning the body and rebalancing chakras. Class ends with an extended shavasana with visualizations to dive into a state of bliss that allows the body to become rejuvenated having released all tension.

**Meditative Yoga Flow:** A basic vinyasa class with emphasis on alignment, strengthening and cultivating relaxation through maintaining focused attention to breath. Class will end with meditation.

**Slow Flow:** A slower paced vinyasa class that allows the student to move more deeply into the postures and discover a calming “mediation in motion”. This class is great for beginners and seasoned yogis alike.

**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.

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