

# 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			4:00– 5:00 Yoga Stretch <i>Laura w/ Swoosh</i>	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>Laura Griffith</i>
Wednesday			4:00– 5:00 Yoga Stretch <i>Laura w/ Swoosh</i>	6:00 – 7:15 Slow Flow <i>Amy Runnels</i>	7:30– 8:45 Powerful Flow <i>Natasha Kryz</i>
Thursday			12:15 – 1:30 Vinyasa Flow <i>Marcia Hudgel</i>	5:45 – 7:00 Slow Flow <i>Jenn Bochik</i>	7:15– 8:45 Kundalini Yoga <i>Leslie Rafferty</i>
Friday					
Saturday	10:00 – 11:15 Vinyasa Flow <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 Vinyasa Flow <i>Molly Drake</i>			

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

**Kundalini Yoga as taught by Yogi Bahjan:** Kundalini Yoga is a combination of postures and exercises, breathing, meditation and mantra. The kundalini is one's creative potential, one's soul nerve. Each class involves an opening mantra, followed by warm-ups, and then a main kriya, or sequence. Class concludes with a meditation, followed by a final relaxation and closing mantra. Each class is unique.

**Powerful Flow:** A challenging, energetic and flowing class that synchronizes breath with movement. One can expect a cardiovascular and strength building workout in this class.

**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, (except where noted with \*) Class Cards available in increments of 5**