

Three Rivers Yoga Institute

Three Rivers Yoga Institute, Inc. has been dedicated to the study, practice and teaching of the yogic arts in the Pittsburgh area since 1993. Three Rivers Yoga Institute has built an established reputation for teaching excellence within the yoga community. Teaching and sharing the gift of yoga is our life work and passion.

Some Potential Benefits experienced by a regular yoga practice:

- Cardiovascular strength and stamina
- Strengthens and tones entire body
- Increases flexibility and energy
- Improves upper body strength
- Lubricates skeletal system
- Increases and improves circulation
- Massages and stimulates internal glands/organs
- Improves balance and coordination
- Enhances memory and creativity
- Reduces stress, increases calm & relaxation
- Increases self-confidence
- Reduction in Chronic Pain
- Strengthens Immune Function

www.threeriversyoga.com
(412) 262-5445

Please feel free to contact us for questions or additional information

Three Rivers Yoga
411 Mill Street
Coraopolis, PA 15108

Three Rivers Yoga Institute

Coraopolis, Pennsylvania

Teaching and Practicing Yoga since 1993!



www.threeriversyoga.com
(412) 262-5445

- Comprehensive Schedule
- Highly Skilled, Experienced Teachers
- Soothing, warm atmosphere
- Excellent, Affordable Rates
- Kids Yoga
- Yoga for Beginners
- Private Lessons for All levels and ages
- Restorative & Therapeutic Yoga
- Thai Yoga Massage
- Yoga Lifestyle & Teacher Mentoring
- Professional Development Clinics
- Specialty Classes and Workshops



Registered Yoga School



Registered Yoga School

Certified through
Yoga Alliance for 200
and 500 Hour
Teacher Training
Mentoring Programs

411 Mill Street
Coraopolis, PA 15108
(412) 262-5445

Frequently Asked Questions

What if I am not flexible?

The more inflexible you are, the more you will benefit from yoga. A consistent practice will not only increase flexibility, but also strength, balance, coordination, and overall physical health.

How often should attend class?

Two to three times a week will yield noticeable results and combined with a home practice, will produce a transformation of body, mind and spirit. Please do not allow unrealistic goals or a lack of time to become an obstacle. You will most likely find that as time goes on, your desire to practice expands naturally and you will find yourself doing more and more.

Why should I refrain from eating 2 to 3 hours before class?

Through the practice, we twist our bodies from side to side and forward to backward. If your meal is not fully digested, you will experience discomfort while moving through the practice. If you are concerned about weakness or hunger during the practice, experiment with a light snack such as yogurt, fruit or juice up to 30 minutes before class time.

How do I get started?

For the first class, arrive at the studio 10 minutes prior to start time for registration. House mats are available, but it is suggested that you purchase a mat for hygienic reasons.

Is Yoga a Religion?

No, Yoga is not a religion. Yoga is a science and will compliment your commitment to your spiritual practice. Yoga is universal and we welcome all faiths and traditions. Yoga will enhance your spiritual practice.

What if I have questions?

Please arrive a bit earlier or stay later and speak with the instructor if a private matter. You are welcome to ask questions through class as needed. We are here to guide and help you, we welcome your inquiries.

=====

Three Rivers Yoga - Rates

\$75 Monthly Rate - Unlimited Monthly Classes

\$60 Monthly Rate - Senior Discount (Age 65)

\$15 Drop In Rate- One Class Session

\$125 Ten (10) Class Card (Expires in 3 months)

\$750 Annual Rate - Unlimited Regular Classes

(Does not include workshops or session classes)

Summer Class Schedule

Day	Time	Class	
Sun	7:45-9:10AM	108 Sun Salutes *See website for dates-Twice Month	Jay
	9:30-11:00AM	Dynamic Flow	Bob
	11:30-12:30PM	Yoga Fundamentals	Weekly
Mon	9:30-11:00AM	Mixed Level	Bob
	6:30-8:00PM	Mixed Level	Carol
Tues	9:30-11:00AM	Dynamic Flow	Bob
	6:30-8:00PM	Slow FLOW	April Jennifer
Wed	9:30-11:00AM	Mixed Level	Bob
	6:30-8:00PM	Mixed Level	Bob
Thu	9:30-11:15AM	Mixed Level & Abs	Edit
	11:30-12:45PM	Therapeutic Yoga	Donation
	6:30-8:00PM	Moderate FLOW	Jay
Fri	9:30-11:00AM	Gentle Yoga	Bob
	6:00-7:30PM	Restorative Yoga/ Guided Meditation	6/18, 7/16, 8/20
Sat	9:30-11:00AM	Mixed Level Flow	Bob
	11:30-12:15PM	Kids Yoga \$5 Class 6/19, 7/31, 8/28	Nadia

- Due to sensitivity or allergies, please refrain from using scents and perfumes for class.
- To ensure a deeply relaxing experience, no cell phones unless an emergency or on call (talk to instructor)
- House Mats are available, however, you may want to purchase your own for hygienic purposes
- Wear clothing that allows for full range of movement
- Please let us know of any health condition, some postures are contraindicated for certain conditions
- For your comfort, refrain from heavy foods at least 2 hours before practice
- Please complete the Student Health Form and return to the front desk. This information is very helpful for us to meet your personal needs for your condition and structure.

Class Descriptions

Mixed Level - This is a mixed level class is for all levels of practice from new to continuing students. The class format will provide breath work, warm-up & preparation, foundational postures, in a vinyasa flow. Modifications and variations will be given during the practice. The class concludes with a deep relaxation to bring harmony and balance body, mind & spirit. (All Levels)

Dynamic Flow - A more vigorous class for experienced students. This class will consist of vinyasa flow incorporating challenging postures such as arm balances and inversions. A strong home practice is recommended and at least six months of practice

Gentle Yoga - This class is a gentler, slower class. Deeply relaxing and nourishing. This class is for all levels of practice ranging from new to continuing students. (All Levels)

Slow Flow - A slower paced, deeply relaxing class. A balance of slow flow ending with one restorative posture will nourish the body, mind and spirit. (All Levels)

Therapeutic - This class is for students with chronic or acute conditions. The practice will consist of postures to benefit specific conditions of students in the class. This class will run in sessions. (All levels)

Fundamentals of Yoga - This class will focus on safe alignment while flowing with ease through the vehicle of the breath. (All levels) \$10 Drop In

Restorative Yoga & Guided Meditation - This class is for students at all levels and combines gentle asana with restorative postures to move the student toward deeper states of relaxation. The class will end with a guided meditation and savasana.

Kids Yoga - Kids learn basic yoga postures through games, story, and play in a fun and safe environment. This class is an excellent opportunity for children to develop strength, flexibility, and a sense of calm. Nadia's yoga classes include music, games, and props to entertain as she educates!

**** Class schedule subject to change without notice.**

***** Please check our website before venturing out in adverse weather.**