

## Three Rivers Yoga Institute

Robert Barton, Founder

Robert was introduced to yoga at the age of 7 by his father who began practicing yoga in the 1950's. Robert felt an immediate connection to yoga at that time, and became fully immersed in the practice in 1987 after suffering a back injury while skydiving. Intensive personal practice and study with some of the finest teachers including Dean Lerner (Senior Iyengar Teacher), Tim Miller (Ashtanga), Kali Ray (Tri-yoga Flow), Yogi Hari (Classical), Andrei Sidersky (Esoteric), Angela Farmer and Victor Van Kooten (Innovative Exploration) Paulie Zink (Taoist Yoga), turned an obstacle into an opportunity. Robert was certified to teach in 1992 through the Yoga Vedanta, Science and Arts Center under Yogi Hari & Leela Mataji. Robert established Three Rivers Yoga Institute in 1993 and was the FIRST yoga studio in the Pittsburgh area. Robert brings over 20 years of daily practice, a pain free back, and a deep understanding of the therapeutic application of the practice to his classes. Other talents of Robert include being trained in the Lotus Palm method of Thai Yoga Massage. Robert is a gifted bodyworker providing a therapeutic and transformational healing experience.

*Please visit our website to learn more about our teacher or for more information.*

*Thank you.*

[www.threeriversyoga.com](http://www.threeriversyoga.com)

*We honor all traditions of yoga, the paths are many, but the truth is one.*

Three Rivers Yoga  
1022 Fifth Avenue  
Third Floor  
Corapolis, PA 15108

## Three Rivers Yoga Institute

*Pittsburgh's first yoga school, teaching and practicing yoga since 1993!!!!*



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

[www.threeriversyoga.com](http://www.threeriversyoga.com)  
*All Levels Welcome!*

- Comprehensive Schedule
- Highly Skilled, Experienced Teachers
- Soothing, warm atmosphere
- Excellent, Affordable Rates
- Yoga for Children/Teens - Sessions
- Yoga for Beginners - Sessions
- Private Lessons for All levels and ages
- Restorative & Therapeutic Yoga
- Heart Change Program
- Thai Yoga Bodywork
- Reiki Sessions and Classes
- Ayurveda Consultations & Treatments
- Yoga Lifestyle & Teacher Training
- Professional Development Clinics
- Specialty Classes and Workshops



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

# About Three Rivers Yoga

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.

## Benefits experienced by the practice of yoga:

- 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
- Pain Reduction

## 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 I practice?**

Three times a week will yield good results; however, six times a week 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 20 minutes prior to start time for registration. House mats are available, but it is suggested that you purchase a mat sometime during the introductory period. *Please pick-up a copy of our guidelines in the lobby!!!*

Three Rivers Yoga - Rates

**\$75 Monthly Rate** - Unlimited Classes

**\$60 Monthly Rate** - Student or Senior Discount

**\$55 Monthly Rate** - Robert Morris Freedom Card

**\$10 Drop In Rate**- One Class Session

**\$750 Annual Rate** - Unlimited Regular Classes

*(Does not include workshops or session classes)*

# Fall Class Schedule

Day	Time	Class	Teacher
Sun	7:45-9:05AM	108 Sun Salutations (1 <sup>st</sup> Sun Each Month)	Cindi
	9:30-11:15AM	Dynamic Flow/Med	Bob
	11:30-12:30PM	Yoga Fundamentals (6 Wk Sess - 9/20)	Cindi
Mon	9:30-11:00 AM	Mixed Level	Bob
	4:30-6:00 PM	Gentle Flow	Kathy
	6:30-8:00 PM	Mixed Level	Bob
Tues	9:30-11:15 AM	Dynamic Flow/Med	Bob
	6:30-8:00 PM	Restorative Yoga	Cindi
Wed	9:30-11:00 AM	Mixed Level	Bob
	4:30-6:30PM	Gentle Flow	Sue
	6:30-8:00 PM	Mixed Level	Bob
Thu	9:15-11:00 AM	Core and Flow	Edit
	11:30-12:45PM	Gentle/Therapeutic	Kathy
	5:00-6:00PM	Gentle Flow	Mariann
Fri	6:30-8:00 PM	Beginner/Gentle	Jay
	9:30-11:00 AM	Gentle Flow	Bob
	6:30-8:00PM	Inner Sanctuary (1 <sup>st</sup> Fri of Month)	Cindi
Sat	6:30-8:00PM	Taoist Yoga (3 <sup>rd</sup> Fri of Month)	Bob
	8:00 - 9:05 AM	Alchemy of Core	Cindi
	9:30-11:00 AM	Mixed Level Flow	Cindi

- No Cell Phones or Perfume Please
- Bring a towel and mat (house mats available free)
- 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.

\*Dynamic Flow six months daily practice recommended

\*\* Mixed Level - All Levels of Practice Welcome

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

# 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.

**Dynamic Flow & Meditation** -This class will consist of a more intense vinyasa flow (linking movement and the breath), as well as incorporating challenging postures such as arm balances and inversions. A strong home practice is recommended (at least six months). Meditation optional at end of class.

**Gentle Flow** - This class is a gentler, slower paced version of our Mixed Level class. This class is for all levels of practice ranging from new to continuing students.

**Beginner/Gentle** - Gentle/Beginner is an on-going slower paced class in which you will learn the fundamentals of yoga, emphasizing basic postures, breathing techniques, and relaxation skills. Especially good for newcomers to yoga, or those who would like a refresher on the basics. Drop-ins welcome.

**Gentle/Therapeutic** - This class is for students with chronic or acute conditions and is taught by Kathy Sward, PhD, MPH, Founder of Heart Change. The practice will consist of postures to benefit specific conditions of students in the class.

**Fundamentals of Yoga** - This class is for beginners new to yoga and runs in six week sessions.

**Restorative Yoga** - 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 focus on cultivating inner awareness while learning to identify and release blocked energy and tension.

**Alchemy of the Core** - This class explores foundational techniques of the core. Topics include awareness practices, bandhas, Agni Sara, bija sounds, chakra meditations, mudras, and breath work.

**Inner Sanctuary** - This practice is quiet and introspective, with plenty of time to breathe, feel, and welcome the pauses and spaces within our being. Through gentle movement, pranayama, and meditation, and the practice of yoga nidra, our connection to our inner wisdom and knowing that is eternally present will unfold.

**Taoist Yoga** - Taoist yoga is an earth-honoring tradition from ancient China that follows the way of simplicity. In this all-levels class we will learn to let go of concepts to free ourselves from the constraints of the thinking mind, grow the body supple, flow with movement, and be in harmony with our own Tao, or way of being.