



Shri Yoga In Person Classes in VA

Starting from **January 23rd**
 Juno Wellness Center - 492 Elden St, Herndon, VA 20170

In person Class Information

Poonam Chimurkar

poonamgosewade@gmail.com



Experience:

- Poonam is a passionate yoga teacher with over 6+ years of experience in teaching in-person and virtual classes.
- She has learned Hatha, Vinyasa, Ashtanga styles of yoga.
- She is an avid dancer and has choreographed dance yoga demonstrations and practiced Zumba. She has practiced and demonstrated Rope Malkhamb (a variation of Rope Yoga)
- Yoga helps her to look inward and realize life's eternal joy lies in objectless happiness.
- Poonam prefers to teach hatha yoga, flow yoga, pranayama for all level students.

Education and Certificates:

- RYT 300

Mondays - 10am to 11 am

Yoga Class with Poonam *(all level yoga class for adults)*

Suitable for all level practitioners. Class includes warmups, various yoga poses in seated, standing, prone, and supine positions.

- Capacity: 12
 - Duration: 55 minutes
 - Day/Time: Mondays 10AM
 - What participants need to bring: Yoga mat, block(s), strap, water bottle
- ** We will have a few mats/blocks/straps at the studio

Saturday - 10 am to 11 am

Yoga Class with Poonam *(all level yoga class for adults)*

Suitable for all level practitioners. Class includes warmups, various yoga poses in seated, standing, prone, and supine positions.

- Capacity: 12
 - Duration: 55 minutes
 - Day/Time: Saturdays 10AM
 - What participants need to bring: Yoga mat, block(s), strap, water bottle
- ** We will have a few mats/blocks/straps at the studio

Aruna Patel

akthesia@gmail.com



Experience:

- Aruna is a passionate yoga teacher with over 2+ years of experience in designing and teaching multi-style yoga class.
- Regular yoga practice has helped Aruna heal her back pain completely.
- Yoga helps her to look inward and realize life's eternal joy lies in objectless happiness.
- Aruna prefers to teach hatha yoga, flow yoga, pranayama, and chakra meditation for all level students.

Education and Certificates:

- RYT 500 (Multi-Style Yoga Teacher Training) since February 2021

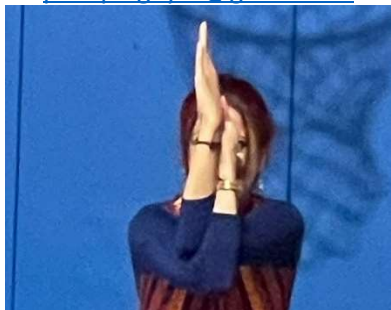
Mondays & Tuesdays - 4 pm to 5 pm Yoga Class with Aruna (*all level yoga class for adults*)

Suitable for all level practitioners. Class includes warmups, various yoga poses in seated, standing, prone, and supine positions.

- Capacity: 12
- Duration: 55 minutes
- Day/Time: Tuesdays 4PM
- What participants need to bring: Yoga mat, block(s), strap, water bottle
** We will have a few mats/blocks/straps at the studio

Pushpa Iyer

pushpa.g.iyer@gmail.com



Experience:

- Pushpa is a passionate yoga teacher with over 2+ years of experience in teaching chair yoga and regular yoga
- She realized that Yoga is just not about the asanas, it is about re-discovering the authentic inner SELF, through the Self. Yoga helps her to look inward and realize life's eternal joy lies in objectless happiness.
- Pushpa prefers to teach hatha yoga, ashtanga, pranayama and chair yoga

Education and Certificates:

- RYT 300

Wednesday – 6 pm to 7 pm

Chair Yoga Class with Pushpa (*all level yoga class*)

Chair yoga: Suitable for participants with difficulty for sitting down. Class includes warmups, various yoga poses while sitting in chair, and standing.

- Capacity: 12
- Duration: 55 minutes
- Day/Time: Wednesdays 6PM
- What participants need to bring: water bottle

Minakkshi Mahaddik

minakkshimahaddik@gmail.com



Experience:

- Minakkshi is a passionate yoga teacher with over 2+ years of experience in teaching in-person and virtual classes.
- She has learned Hatha, Vinyasa and Astanga styles of yoga.
- She believes that together, we can inspire each other to stay in good health.
- Yoga helps her to look inward and realize life's eternal joy lies in objectless happiness.
- Minakkshi prefers to teach Vinyasa yoga, flow yoga and hatha yoga for all level students.

Education and Certificates:

- RYT 300

Sunday - 11 am to 12 noon

Holistic Yoga Class with Minakshi (*all level yoga class for adults*)

Suitable for all level practitioners. In this class, we combine Yoga asanas with movement with a focus upon breath, to rejuvenate the body, mind, and spirit.

- Capacity: 12
- Duration: 1 Hr
- Day/Time: Saturdays 11AM
- What participants need to bring: Yoga mat, napkin/small towel and water bottle.
** We will have a few mats/blocks/straps at the studio