



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am	_____	_____	_____	_____	_____	8:00 – 9:00 <b>Tai Chi</b> (Sifu Nitch)	_____
8:30 am	_____	_____	_____	_____	_____	Free Wellness Consultations (Joy Room) <b>(Tracey)</b>	_____
9:00 am	_____	_____	_____	_____	_____	9:00 – 10:15 Hatha Yoga (Tracey)	_____
9:30 am	9:30 -10:45 Hatha Yoga (Sarah)	9:30 - 10:45 Yoga 101 (Marion)	9:30 - 10:45 Hatha Yoga (Ellen)	9:30 – 10:45 Hatha Yoga (Sarah)	9:30 – 10:45 Hatha Yoga (Ellen)	_____	_____
10:00 am	_____	_____	_____	_____	_____	_____	_____
10:30 am	_____	_____	_____	_____	_____	10:30 – 11:45 Fit Yoga (Kerry)	_____
11:00 am	_____	_____	_____	_____	_____	_____	11:00 – 12:15 Hatha Yoga (Sarah)
4:30 pm	_____	_____	_____	_____	_____	_____	_____
5:00 pm	_____	_____	_____	_____	_____	_____	_____
5:30 pm	5:30 - 6:45 Vinyasa Flow Yoga (Tiffany)	_____	5:30 - 6:45 Advanced Vinyasa Flow (Tiffany)	_____	_____	_____	_____
5:45 pm	_____	5:45-7:00 Vinyasa Flow (Theresa)	_____	_____	_____	_____	_____
6:00 pm	_____	_____	_____	6:00 - 7:15 Gentle Yoga (Lynne)	_____	_____	_____
6:30 pm	_____	_____	Free Wellness Consultations <b>(Sherry)</b>	_____	_____	_____	_____
7:00 pm	7:00 – 8:15 Hatha Yoga (Ellen)	7:15-8:30 Fit Yoga (Kerry)	7:00 – 8:15 Therapeutic Yoga (Sherry)	_____	_____	_____	_____
7:15 pm	_____	_____	_____	<b>Featured Workshops See Below</b>	_____	_____	_____

### Upcoming Workshops and Things You Need to know

- Newbie Yoga with Tiffany | 08/05/10 & 08/12/10 | Thursday | 7:15pm-9:15pm
- Yin Yoga Deep Stretch with Tiffany | 08/19/10 | Thursday | 7:15pm - 8:45pm
- Arms, Thighs & Glutes with Marion | 08/26/2010 | Thursday | 7:15pm – 8:30pm

Interested in a workshop?  
Sign up early to avoid  
workshop cancellation.  
Want to book an  
appointment? 813-368-6546

Seniors \$12 | Students \$12 | Active Military and their family 10% off | Active Law Enforcement 10% off | Discounts for Auto-pay  
Discounts can only be applied to receive a percentage off the regular price of a class. Auto-pay or membership pricing already includes a discount. Remember: You'll get 10% off Workshops and Massage when you set up Auto-pay (Auto-pay is a non-contractual way to commit to your practice by automating your payment each month).



**Class Descriptions**  
11954 Boyette Road  
Riverview, Florida 33569  
813-368-6546

[info@serenitystream.com](mailto:info@serenitystream.com)

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

### **30 Minute (FREE) Yoga & Wellness Consultation**

This free session is for first time visitors to the studio and those who have never completed it prior to starting classes at Serenity Stream. Join us for this 1/2 hour info session to help you personalize your wellness journey to better overall health & wellness with Serenity Stream. You will be introduced to the teacher, to our schedule, and the benefits of our classes and how they can help you with your personal goals. All new students are required to go through these classes. [Attendee must complete the Yoga & Wellness Questionnaire online \(Under "Newcomers" tab\) and submit it prior to scheduling the FREE consultation.](#)

### **Yoga 101**

This class is geared for people brand new to yoga. It will give you a basic introduction to take other classes with ease.

### **Gentle Yoga**

This class offers participants an individualized opportunity to gently explore and tune into the body using breath and a meditative frame of mind while increasing flexibility, strength, and well-being. It includes traditional yoga postures, stretching and exercises for coordination and balance. It is conducted at a slower pace to allow those of all ages, sizes and ability levels to gain from Yoga's many benefits.

### **Hatha Yoga**

Experience full body relaxation with classic yoga postures, breathing, and mind/body awareness. This class is great for all levels including beginners to the intermediate student. Respect your body and only do what you can do. It's a great way to 'reboot' your body and mind—to have more clarity, focus, and flexibility.

### **Vinyasa Flow Yoga**

The Yoga postures flow in carefully balanced sequences. The breath leads the way. The form, movement, and breath are integrated into an art known as Vinyasa.

### **Advanced Vinyasa Flow Yoga**

For the student who would like to take their practice to a deeper level. Challenging postures will be introduced and playfully explored to the fullest. Inversions will be introduced.

### **Fit Yoga**

Not ready for power yoga but really looking for a workout or Power yoga folks want an overall workout? Try Fit Yoga, our new full body fitness class blended with the perfect touch of yoga. Build strength through resistance and function training, lose inches with cardio blasts and increase endurance in each yoga pose. Our very own certified personal trainer and registered yoga teacher will help you reach your goals then guide you through asanas to avoid injury. Join the first class around to combine exercise and yoga into one perfect Balance! Proper exercise shoes are required. 5 -lb free weights are optional. This class is good for the novice or the experienced. Join us!

### **Therapeutic Yoga for Alignment and Pain Relief**

This class is designed for both the novice and the experienced yogi who wants to learn how to get the most relief as we focus specifically on the participants' needs. This class is not a restorative class. It is an active class that focuses on alignment- on doing the poses safely and correctly. Therapeutic yoga is beneficial in treating a large variety of different physical as well as mental conditions. Back, neck, and sciatica pains are improved through the adapted poses of therapeutic yoga.

### **Tai Chi**

Tai Chi (Yang style) produces a low impact aerobic workout that is gentle on the body. Tai Chi provides many health benefits for both the mind and body and when practiced regularly most individuals are rewarded with better overall health.