

Workshops

Svaroopa® Yoga workshops with Cayla Allen
Saturday 1-4pm on March 27th, April 24th & May 22nd
\$45 each or \$115 for all three; Pre-registration required

Referred to as "bliss yoga", Svaroopa yoga releases the muscles around the tailbone, sacrum and lower back and all the way up the spine through the shoulders and neck. As spinal tensions release, the effects radiate throughout the entire body and calm the mind. Find relief from chronic back & joint pain, reduce stress and anxiety, improve flexibility, strength & stamina and feel more relaxed and energized. The focus on alignment and the use of props for support allows you to ease into the poses. The relative ease of the poses brings a deep effect, catalyzing powerful experiences of healing and transformation.

Gentle Yoga with Cayla Allen
4 Sundays 4/11 - 5/2, 2:30 - 3:45pm, \$80; Pre-register by 4/8

The Gentle Yoga series is for you if you have a chronic illness, are recovering from injury or surgery, or if you just want to take your practice of yoga at a slower pace. You must be cleared for normal activity and able to get down and up from the floor. No yoga experience necessary.

Ayurveda Workshops with Jaya Ramamurthy

Skin Care - April 17th, 1:30 - 3:30, \$30; Pre-register by April 14

Dryness, Itchiness, Breakouts...does your skin often throw a tantrum? Learn Ayurvedic tips on how to trouble-shoot the problem and calm it down as you care for your skin, inside and out. Come prepared to get messy!

Summer Savvy - May 15th, 1:30 - 3:30, \$30; Pre-register by May 12

After the rain and snow and cool weather, here comes the heat! How can you enjoy this much awaited season and yet stay cool? Learn some Ayurvedic food tips and techniques that can nourish & support your body in preparation of the seasonal change and keep you from reaching your boiling point. Bring a friend, enjoy some cool company and learn how to get summer savvy.

Soul Connecting with Shane Orfas
Friday March 26th, 2:30 - 4:30pm, \$35; Pre-register by March 24th

Take a journey of self discovery and support to gain insight on what we are here to do, be, and experience. We will use ancient practices to awaken the mind-body-soul connection: meditation, yoga stretches, Qi-gong, chanting, brain stimulating & heart opening exercises. While open and expansive we will listen to the subtle voice of inspiration and create a vision board of your hearts desires. Everyone welcome, no previous experience necessary.

Register online for workshops at www.plumtreeyoga.com or call (678)585-0500 ■ ■ ■ ■

Open House

Saturday March 20th, 12:30 - 4:30 pm

Complimentary classes all day!

Everyone is invited to come by to see the studio and meet our instructors.

- 12:30 - 1:15 pm **Yoga - Intermediate with Marcella**
- 1:30 - 2:15 pm **Yoga - Introductory with Terrie R.**
- 2:30 - 3:15 pm **Svaroopa Yoga - All Levels with Terri**
- 3:30 - 4:15 pm **Meditation - All Levels with Thomas**



1055 Canton Street, Suite 200 • Roswell, GA 30075

Get back to Nature!

Nature Hikes and Meditation

Everyone welcome - no charge.

Dates to be announced. Join our email list to be notified.

Take time to get outside and enjoy nature with a new appreciation. We'll hike some local trails stopping to enjoy the beauty, the sounds, the sun and wind. Thomas will lead simple meditations which can be enjoyed by beginners as well as experienced yoga students. We'll do a number of hikes throughout the spring, some easy and some more difficult so choose a hike that suits your level of physical fitness. Everyone is welcome!



www.PlumTreeYoga.com 678-585-0500



1055 Canton Street, Suite 200
Roswell, GA 30075

10 - Week Spring Series, March 22nd - May 30th

Open House Saturday March 20th, 12:30 - 4:30pm

Join us for Complimentary Classes

(see back panel for schedule)

Yoga Classes 7 days a week

Yoga for Back Pain, Prenatal Yoga, Meditation

Ayurveda workshops, Svaroopa Yoga workshops and more!

Gift Certificates Available. Order online at PlumTreeYoga.com

Presorted
FIRST CLASS
U.S. Postage
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Roswell, GA
Permit #444

a place for peace

MARCH 22ND – MAY 30TH

All are welcome to drop-in for classes at anytime throughout the 10 weeks.



CLASS SCHEDULE

Mon	10:00 am - 11:45 am 6:00 pm - 7:15 pm 7:30 pm - 9:00 pm	Svaroopa® Yoga - Deeper* Yoga Flow - Intermediate Svaroopa® Yoga - All Levels	Ellen BeAnne Cayla
Tue	10:00 am - 11:15 am 11:30 am - 1:00 pm 6:00 pm - 7:15 pm 7:30 pm - 9:00 pm	Yoga - Intermediate Svaroopa® Yoga - All Levels Yoga - Introductory Meditation - All Levels**	Betsy Terri Kim Thomas
Wed	10:00 am - 11:30 am 12:00 pm - 1:15 pm 6:00 pm - 7:15 pm 7:30 pm - 9:00 pm	Svaroopa® Bliss in Action All Levels Energy Awareness Yoga Flow - Intermediate Prenatal Yoga***	Ellen Shane BeAnne Terri
Thu	10:00 am - 11:15 am 11:30 am - 1:00 pm 6:00 pm - 7:15 pm 7:30 pm - 9:00 pm	Yoga - All Levels Svaroopa® Yoga - All Levels Yoga - Introductory Svaroopa® Yoga - All Levels	BeAnne Terri Terrie R. Cayla
Fri	10:00 am - 11:15 am 11:30 am - 1:15 pm	Yoga - Intermediate Svaroopa® Yoga - Deeper*	Betsy Cayla
Sat	9:15 am - 10:30 am 11:00 am - 12:15 pm	Yoga - Intermediate Yoga - Introductory	Andrea Kim
Sun	11:00 am - 12:15 pm 12:30 pm - 2:15 pm 2:30 pm - 3:45 pm 4:00 pm - 5:30 pm	Yoga Flow - All Levels Yoga for Back Pain (4/11-5/2)**** Gentle Yoga (4/11-5/2)***** Svaroopa® Yoga - All Levels	Marcella Cayla Cayla Terri

Class Fees

10-week series, 3/22 - 5/30

Single class - \$15

6 classes - \$80

10 classes - \$125

20 classes - \$230

30 classes - \$315

40 classes - \$380

* Deeper Svaroopa

10 weeks - \$180; Drop-in \$22

** Meditation - The Art of Breath

8 Tuesdays, 3/30 - 5/18, \$145

*** Prenatal Yoga

10 weeks \$180; Drop-in: \$22

**** Yoga for Back Pain, 4 weeks, \$80

***** Gentle Yoga, 4 weeks, \$80

All classes to be completed by May 30

To Register

Register online at PlumTreeYoga.com or send a check for the full amount or \$30 per class to reserve your space. Cash, check, or Visa accepted for balance. Refunds are available less a \$30 deposit with 3 days notice before classes begin. Classes require a minimum of eight registrations to make.

Please respect fellow students by refraining from the use of perfumes and other scented products when attending classes. Thank you!

Please arrive 10 - 15 minutes early for all classes to allow time to set up.

Yoga mats & props are provided.

Special series

Meditation - The Art of Breath and Relaxation with Thomas O'Connor
8 Tuesdays, 3/30 - 5/18, 7:30 - 9:00pm, \$145; Pre-register by 3/26

Learn to relax deeply, finding stillness and peace inside. We will explore how to make subtle changes to our breath, posture and attention to become more centered. By softening into our inner being, we can find the natural vibrancy that resides within us. Meditation is much more about "letting go" than "doing", in this class we'll learn how to let go. For beginners or for experienced meditators who want to take their practice deeper. (No drop-ins allowed)

Yoga for Back Pain with Cayla Allen

4 Sundays, 4/11 - 5/2, 12:30 - 2:15pm; \$80 Pre-register by 4/8

Got pain? Try this specialized class using easy and well-supported poses designed specifically for your needs. A slower pace and personal attention draws you in, increasing your awareness, providing deeper openings and more healing. Key benefits: reduce pain, improve flexibility, relieve stress and experience deep relaxation. No yoga experience necessary.

Massage See website for rates and details.

Resident Massage
Therapist, **Erin Susan
Parks**, CMT is available
Tuesday - Saturday
by appointment:
404.664.7890



Erin Specializes in:

- Integrative Aromatherapy Massage
- Pregnancy and Postpartum Massage
- Foot Reflexology
- The Goddess Massage

Private yoga & meditation
instruction available for individuals
and groups - call 678-585-0500.



www.plumtreeyoga.com • (678)585-0500