

I enjoy introducing people of all ability levels to the beautiful practice of yoga. Whether at a private appointment or in a group class or workshop, I look forward to seeing you on the mat!

Cheers!

Amy Haid
Owner & Teacher



WINTER 2020



Adventures in Yoga

Workshops \$45

Sunday, February 9th

Sunday, March 8th

more to come..

Guided Crystal Meditation

Third Thursday of each month \$25

Healing Restorative Yoga & Therapeutic Massage

Saturday, January 25th - Sold Out

Thursday, February 13th - \$55

Private Appointments \$60

Weekly Group Classes \$20

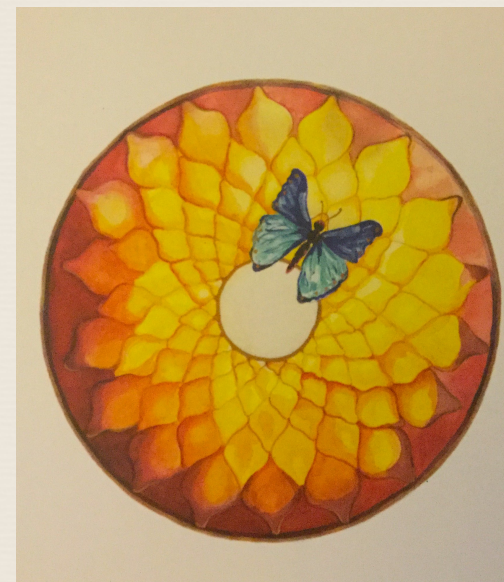
www.SamiraYogaPittsburgh.com

SAMIRA YOGA STUDIO

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SAMIRA YOGA STUDIO WINTER 2020



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Owner & Teacher

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Chakra Energy Art and Amy at the Twisty Tree in Mellon Park

IN HONOR OF INTERNATIONAL WOMEN'S DAY

SUNDAY, MARCH 8, 2020

There are so many wonderful energetic events happening at that time, we'll celebrate with an Adventure in Yoga!

Let's Circle Up \$45.00

Bring a friend, sister, mother, daughter (over 18), etc. and let's celebrate through a partner ritual of crystal work and visualization. We'll practice supporting one another as we manifest our dreams and desires, Women supporting women. *Knowing that sharing your light to help another to shine brighter never dims your own light.* Shine on, sister

Registration for all events except Healing Yoga & Massage is through PayPal at www.SamiraYogaPittsburgh.com. It's simple to register, just enter the amount you are paying, & pay for your class. I'll send you an email of receipt. Thank you!

SAMIRA YOGA STUDIO

Grateful to be here (now in my 4th year!) with classes and workshops to support your body, mind & spirit, as you build and enrich *your* practice.



GUIDED CRYSTAL MEDITATIONS \$25.00

Every "Third Thursday" of each month at 7:30pm is a guided crystal mediation session. Each participant receives a crystal ally to work with during the session and to keep as a talisman of your intentions and meditation experience. The crystals for our mediation sessions are provided by the ever lovely and magical, Leslie McAllister of Juju! Doors open at 7:00pm.



Clear Quartz Crystal & Larimar



Purple and Green Fluorite

ADVENTURES IN YOGA \$45.00

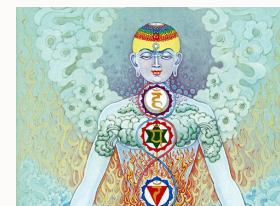
Nurture your intuition and work your path with ancient yogic practices of kriya, pranayama, meditation and asana (movement and postures). *Each 2 hour session will have a different focus*, such as, Lunar Energies & the Goddess, Seasonal Energies & the Elements, Chakra Energies & the Auric Field.

Winter Adventures: February 9th & March 8th

HEALING RESTORATIVE YOGA & THERAPEUTIC MASSAGE WITH AMY & CAITLIN \$55.00

A unique healing experience that combines therapeutic massage and restorative yoga. First two offerings January 25th & February 13th

Head over to www.wellnessbywalker.com to register & learn more about Caitlin Walker and her wellness services!



The Chakra Energy System



Moon Magic Yoga



Restorative Yoga with Amy Haid



Therapeutic Massage with Caitlin Walker