



Center in the Spirit
Healing & Wholeness
One Breath at a Time

\$15.00 a class Walk-in
\$12.00 Pre-registered
\$50 for 5 classes prepaid

Beginner Class - Teaching the basics of breathing and poses. Blocks, bolsters and chairs may be utilized. **Thursday** 8:00am 90 minutes

Saturday 10:30am 90 minutes

Chair/Gentle Class - A modified beginner class for those with injury, joint disease or damage. **Thursday** 10:30am 60 min Intensive

Saturday 2:00pm 60 min Intensive

Flow - synergistic action between body & breath. Class includes stretch poses and deep meditation. **Thursday** 2:00pm 90 minutes

Saturday 8:00am 90 minutes

Restorative - Poses designed for deeper supported relaxation. Appropriate for any level of experience. **Monday** 6:00pm 60-90 minutes

Wednesday 6:00pm 60-90 minutes

Susan Silhan has had a yoga studio since 2008, as a Registered Nurse she is well suited to adapting the needs of participants to benefit most from the Yoga she teaches, in body, mind and spirit.

Selah Yoga & Music

4486 State Route 79 Burdett NY 14818 Phone: (607) 703 0010



Joe Silhan of Selah Music -
Teaches Musical Lessons on most Instruments from beginner or hobbyist to intermediate.
Proficient in NYSMA preparation and available as an Accompanist on Piano, Keyboard, Bass Guitar or Percussion.
Also performs as an Instrumental Soloist for any occasion.

Joe is an experienced Piano Tuner, able to fix many issues.

Call today to discuss how Joe can work with you, for lessons, tuning or performances.

NYS Certified Music Teacher with 33 years experience. Joe's fees are \$20/40 minute session for individuals and \$30/40 minutes for groups.

Lessons are by appointment - available Monday to Saturday



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