



YOGA AND MEDITATION CENTER
SHASHI YOGA

YOGA WITH SHASHI

Shashi Pottathil is the owner and yoga instructor with 52 years yoga experience and have been teaching in the US more than 23 years .



Shashi Pottathil

Email or call to reserve your space
yogameditationcenter@gmail.com
Cell:(858) 776-1956

Training Schedule of Shashi Pottathil

Monday	4:30 - 5:30	Private (Only by Appointment)	Thursday	6:00 - 7:00	Online Webinar
Monday	6:00 - 7:00	Online Webinar	Friday	6:00 - 7:00	Online Webinar
Monday	7:15 - 8:15	Teacher's Training	Saturday	10:00 - 11:00	Online Webinar
Tuesday	10:30 - 11:30	Group Session	Saturday	11:00 - 12:00	Private Session
Tuesday	11:30 - 12:30	Cancer Survivor Session	Sunday	10:00 - 11:00	Online Webinar
Tuesday	6:00 - 7:00	Online Webinar	Sunday	11:00 - 12:00	Group Session
Wednesday	6:00 - 7:00	Online Webinar	Sunday	12:00 - 1:00	Meditation Session
Wednesday	7:00 - 8:00	Teacher's Training			

YOGA & MEDITATION CENTER - SHASHI YOGA
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YOGA AND MEDITATION CENTER
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YOGA WITH YUMI

E-RYT500 / YACEP

Yoga shines awareness into every part
of your being.

\$

Dropin: \$25/class
4 Class Pack: \$80
8 Class Pack: \$15



Yumi Rakers

yusorake@cox.net
Cell: (858) 774-1749

Welcome to Yoga with Yumi, where Yumi, an experienced E-RYT500 and YACEP certified instructor, helps you explore yoga's power to illuminate your mind, body, and soul.

Yoga isn't just about poses; it's about discovering your inner light. Join us on this journey to find balance, peace, and vitality, guided by Yumi's expertise.

TUESDAY & WEDNESDAY	6:00 – 7:00 PM –	ONLINE WEBINAR
WEDNESDAY	10:30 – 11:30 AM	
SATURDAY	9:30 – 10:30 AM & 10:30 – 11:30 AM	

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YOGA WITH SERGIO

RYT200

Discover the essence of yoga with Sergio Bresciani, RYT200, and the wisdom of Shashi.

\$20 / HOUR / CLASS

PAYBY: VENMO CHECK / CASH



Sergio Bresciani

sbresciani@ucsd.edu
Cell: (858) 967-2047

"Yoga shines awareness into every part of your being." Join us for a transformative experience where we explore the connection between mind and spirit through the wisdom of yoga.

Every session is an opportunity to bring light to every corner of your body, guided by Sergio Bresciani's expertise.

FRIDAY

4:30 - 5:30PM

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YOGA AND MEDITATION CENTER
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YOGA WITH VARSHA

RYT 500 CERTIFIED YOGA TEACHER

Discover the essence of yoga with Sergio Bresciani, RYT200, and the wisdom of Shashi.



Varsha Rakholia

varshar94@gmail.com
Cell: (858) 603-3372

SINGLE CLASS \$20 / 5 CLASSES PACK \$90 / 10 CLASSES PACK \$175

Discover the power of mindful breathing and yoga to nurture your body and mind with Varsha Rakholia, an expert certified by Shashi.

Let's embark on a journey to heal and rejuvenate. Join Varsha and learn how to harmonize your body and mind through yoga and mindfulness.

WEDNESDAY

4:30 – 5:30PM

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YOGA WITH POORNIMA

(RYT 500)

Join us for a joyful and enriching yoga experience tailored to kids.



Poornima Karthik

vpooorn@gmail.com
Cell: (858) 229-5350

\$15 PER CLASS / MODE OF PAYMENT: CASH / ZELLE / PAYPAL

Poornima Karthik, an experienced RYT 500 certified instructor, offers a variety of engaging activities for kids:

Warm-up Exercises

Mindful Movements

Breathing Techniques

Yoga Postures

Theme-based, Active, and Fun Classes

Relaxation and Meditation

Our classes are designed to inspire creativity, promote physical wellness, and nurture inner calm in children. Come and explore the world of yoga in a playful and fun way.

SATURDAY, 3:00 PM – 3:40 PM & 4:00 PM – 4:40 PM – KIDS SESSION

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YOGA WITH SUNI

Join Suni and find your inner balance. Suni, a dedicated yogi with 17+ years of experience and an RYT 200hrs certification from Shashi Pottathil, welcomes both adults and kids to her classes.



Suni Gargaro

\$20 / CLASS

Boost strength, flexibility, and balance

Enjoy breathing exercises, meditation, and mindfulness

Inclusive for all fitness levels

For kids, Suni brings a playful approach to make yoga fun and age-appropriate. Her classes focus on the mind-body connection and overall well-being, offering a comprehensive yoga experience for physical and mental balance.

SATURDAY **4:45 – 5:40 PM** - KIDS CLASS

MONDAY **10:30 – 11:30 PM** - ADULTS CLASS