



schedule

Synergy Yoga®

In the tradition of Bishnu Ghosh

Daily classes offered at Surf Therapy Yoga

MONDAY	3:30 - 4pm Point Arena High School Athletics 4 - 5:30pm Mentor/Teacher Training 5:30 - 7pm ORIGINAL Synergy
TUESDAY	9 - 10:15am GENTLE/PRENATAL Synergy 3:30 - 4:20pm KIDS YOGA
WEDNESDAY	9 - 10:15am GENTLE Synergy 5:30 - 7pm SILENT Synergy (regular students)



WORLDWIDE PRAYER CIRCLE MEDITATION*
7:15 - 8:15 pm *Open to everyone*

THURSDAY	9 - 10:30am ORIGINAL Synergy
FRIDAY	9 - 10:15am GENTLE Synergy
SATURDAY	9 - 10:30am ORIGINAL Synergy
SUNDAY	9 - 10:15am GENTLE Synergy

Every first Sunday of the month, the class is **FREE** & open to all!

*Synergy Yoga every day for 2 months
will transform your body & your life!*

*Self Realization Fellowship Guided Meditation

Peri Ness DeFay - FOUNDER

Charles DeFay - SENIOR MENTOR SYNERGY YOGA TEACHER & OWNER

Ronna Frost - SYNERGY YOGA MENTOR TEACHER

Sara Bogard - SYNERGY YOGA TEACHER

Sylvia Smiles - APPRENTICE SYNERGY YOGA TEACHER

Monkey Smiles - APPRENTICE SYNERGY YOGA TEACHER



Synergy Yoga Center

www.synergy-yoga.com yoga@synergy-yoga.com

at Surf Therapy Yoga

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