

Andrea Sacchetti, E-RYT 500, Comprehensive Yoga Therapist

Offerings 2017

Tuesdays at the Princeton Center for Yoga and Health

Gentle Yoga 10:30 AM to noon, followed by optional
Guided Pranayama (breathing practices) and Meditation, 12:10 to 12:30

Appropriate for new beginners, advanced practitioners, and everyone in
between! Many conditions accommodated.

Fridays at the Princeton Center for Yoga and Health

Extra Gentle Yoga 10:30 to noon

Appropriate for new beginners, advanced practitioners, and everyone in
between! Many conditions accommodated.

About The Princeton Center for Yoga and Health: a beautiful yoga center, with
lots of natural light, friendly people, easy parking, and much more! Stop by for a
class, or visit PrincetonYoga.com for more information. These classes can be
attended on a drop in basis, or for a lower per cost class, packages are available

Location:

88 Orchard Road, Skillman, NJ 08558

609-924-7294

PrincetonYoga.com

Other ways to work with Andrea:

Yoga Therapy Fundamentals Training – Princeton Area

This 300 hour program is offered in partnership with Dr Jaime Stover Schmitt and
Spanda Yoga Movement Therapy, as part of an

**IAYT (International Association of Yoga Therapists) accredited
Professional level Yoga Therapist Training Program**

The current cohort graduates in February 2018. Contact Andrea to request dates for
the start date for the next cohort!

Private Sessions with Andrea Sacchetti are available at the Princeton Center for
Yoga and Health, in private homes, and several other area locations. Contact Andrea
for more information: yogacalling@gmail.com