



OUR MISSION

The aim of Saha Yoga is to establish a yoga experience that is accessible, affordable, and community-driven, ensuring inclusivity for all while also giving back to the community.

OUR CULTURE

In Sanskrit, **Saha translates to "together" or "with,"** symbolizing its link to happiness and the joy of togetherness. Saha **embodies the essence of companionship and unity.** At Saha Yoga, we **prioritize community,** fostering a space where everyone can feel a **sense of belonging** and **express themselves authentically.**

As a **non-profit organization,** proceeds will be contributed towards **enhancing our community** (SAHA = Souderton Area Harleyville Area).



THE VAULT: 483 MAIN ST,
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INSTAGRAM



WEEKLY SCHEDULE

MONDAY

6:00 am Vinyasa Flow (60 min)
11:30 am Express Vinyasa (45 min)
5:30 pm Creative Somatic Flow (60 min)
7:00 pm Vinyasa Flow (60 min)

TUESDAY

11:30 am Express Slow Flow (45 min)
7:00 pm Stretch & Strengthen (60 min)

WEDNESDAY

9:00 am Vinyasa Flow (60 min)
11:30 am Express Chair (45 min)
5:30 pm Primal Vinyasa (60 min)

THURSDAY

5:30 pm Slow Flow (60 min)
7:00 pm Gentle Hatha (60 min)

FRIDAY

9:00 am Slow Flow (60 min)

SATURDAY

9:00 am Rotating: Vinyasa Flow,
Ladder Flow, Primal Vinyasa (60 min)

SUNDAY

9:30 am Slow Flow (75 min)