
ONE DAY RETREAT

Go deeper.....without travelling, step away from your normal life and enjoy a full day of yoga!

Schedule varies but includes delicious vegan lunch and snack, asana practice, yoga philosophy discourse, and some fun, more lighthearted practices like aerial and/or partner yoga. The day ends with guided nidra.

Offered quarterly.

YOGA TEACHER TRAINING

Ready for yoga beyond the poses?

In our 200 hour training you'll learn the practices beyond the poses, change your life, and learn how to share these teachings with others, becoming part of those dedicated to keeping this wisdom alive.

Offered in two formats: 8 Weekend Intensive or 2 Week Immersion

WHAT IS YOGA

Yoga is a system for self-realization. it can help answer the bigger questions of life, such as who am I and what is the meaning of life?

On a more practical level it can help us to learn and grow focus, to still the whirling thoughts of our mind, and to provide clarity and grounding, on top of the physical release of moving joints, building strength, and stretching muscles. It has a clear goal of increasing compassion, self awareness, and kindness.



ONLYOGA
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ONLYOGA

DHARMA YOGA, CREATIVE VINYASA, & ASHTANGA
COLONY SQUARE
MIDTOWN, ATLANTA



For over 20 years, onlYoga has been locally owned and committed to your transformation.

We are a small boutique studio teaching in the way yoga is intended - a system for transformation that brings radiant health.

PRICING

DROP IN \$25

CLASS PACK
5 FOR \$100
10 FOR \$180

AERIAL \$35
4 FOR \$115

MEMBERSHIP \$130
-UNLIMITED CLASSES
-UNLIMITED ZOOM
-FREE WORKSHOPS
-10% OFF MERCHANDISE

MEMBERSHIP+ \$145
-UNLIMITED CLASSES
-UNLIMITED ZOOM
-FREE WORKSHOPS
-UNLIMITED AERIAL
-ONE GUEST PASS A MONTH
-15% OFF MERCHANDISE

WHAT IS PRANAYAMA?

Breathing exercises that have different aims. Some to calm your mind, to take your mind into almost silence, to help the energy flow in your body, or to purify your nervous system.

WHAT IS NIDRA?

A practice of deep relaxation which leads to a state called nidra. Nidra relieves stress, slows down your thoughts, calms your mind, and recharges one's physical body.

- Through this practice you can realize you are more than the body and mind.
- It is very restorative.
- Bolsters the body's natural healing capacities.

CLASS DESCRIPTIONS

OY PRIMARY 1-3

A progressive set of classes focused on the primary series in our ashtanga-ish style.

Level 1 - Foundational and beginner focused.

Level 2 - Approx half of the primary series postures, to build stamina and strength, more complex transitions are introduced, as well as postures from the end of the sequence.

Level 3 - Endeavors most of the postures. There is a minimal amount of cueing to lessen distraction.

DHARMA YOGA

This class combines asana with breathwork, relaxation, and meditation.

Dharma Yoga is a modern interpretation of classical Eight-limbed or Hatha-Raja Yoga, deeply rooted in ethical precepts that includes elements of flowing Vinyasa, inversions, and held poses that will help you to discover concentration, meditation, abiding contentedness and deep healing relaxation.

OY FLOW 1-3

Our flow classes are built around the concept of moving fluidly with the breath from one asana to another.

These classes are well rounded, working through the major joint complexes. Often we build class to prepare your body to work towards a more advanced posture.

OY PRIMARY FLOW

The best of both worlds. The beginning of class flows through the the primary series standing postures, a little playtime in the middle, and wraps up with classic Dharma yoga.

OY AERIAL

An original onYoga technique integrating classical yoga postures with the weightlessness of an inversion swing. The creative technique builds strength and flexibility without putting pressure on your joints. The result is fun, challenging, and therapeutic and makes you feel like you are flying.

PRANAYAMA & DEEP RELAXATION

This class guides you through different pranayama (breathing) practices and ends with a guided relaxation (nidra). Nidra relieves stress, slows down your thoughts, calms your mind, and recharges one's physical body.

CORE + STRETCH

The first half of this hour long class is focused on core strengthening while the second half focuses on a combination of stretching, some longer holds, and/or guided meditation.

FLOW + RESTORE

Flow through the first half of this hour long class and restore in the second half with longer stretches, restorative postures, and/or guided meditation.

GENTLE

A slower paced class, with little to no vinyasa, these classes are designed to bring range of motion to your major joint complexes and work towards the seven main postures of yoga. Modifications and prep poses will be taught.

NEW STUDENT SPECIAL \$30 • 14 DAYS UNLIMITED CLASSES