Hatha Yoga

Fall II Term 2026

Volk's Yoga & Pilates Studio, Newport, Oregon

Beginning/Gentle Yoga (this class is suitable both for the beginner and seniors or those requiring a gentle program) It focuses on basic poses and alignment

Mon. 11:00 am.- 12:00 pm (7 weeks) 11/2 to 12/14 $70

Restorative & Chair Yoga (this class is orientated to those who need a very gentle class or those who have difficulty getting up and down from the floor.)

Wed. 11:00 am.-12:00 pm (7 weeks) 11/4 to 12/16 $70

Hatha Yoga--- all levels (suitable for active beginners and continuing students)

Mon. 9:15 -10:30 am (5 weeks) 11/9 to 12/7 $63
(Taught by Tina Watanabe)

Wed. 9:15 -10:45 am (7 weeks) 11/4 to 12/16 $105

Private Yoga classes - Yoga Personal Training sessions by appointment $60 hr.

All classes except the Monday 9:15 class are taught by Instructor Jeany Volk who has over 30 years teaching experience. Jeany teaches many traditional Iyengar as well as Anusara poses in a flowing meditative style.

Pilates personal training as well as Pilates group classes are by appointment.

For more info call Jeany at **541-272-0489** or email: **yogajeany@gmail.com**
website ***www.yogajeany.com*** visit us on Facebook

All classes are held at Volk's Studio

Which is located at the Stanley Bldg. Suite B., 615 SW. Hurbert St. in Uptown Newport. From Hwy. 101 Turn west at traffic light onto Hurbert St. Go 1 ½ Blocks and take the driveway to the right, after the Antique Store, and before McCarthy's Professional bldg. The main entrance is at the back of the building. (Lower level)

Drop-ins welcome $12.00 / 1 hr. class -- $15 / 1 ¼ hr class -- $18 / 1 ½ hr class

Work study & scholarships available