

Integrative Yoga Therapy August 2022 Schedule



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - 10:30 am							Strength & Sculpt Yoga
9:30 - 10:45 am		Hatha Yoga		Yin Yoga		Hatha Yoga	
11:00 - 12:00 pm			Gentle Yoga		Gentle Yoga		Aerial Yoga
2:00 - 3:00 pm							
2:00 - 3:30 pm	Restorative Yoga 8/7, 8/21 (Hot Stones)						
5:30 - 6:30 pm				Gentle Yoga			
5:30 - 6:45 pm	Candlelight Yin Yoga						
6:00 - 7:00 pm				Strength & Sculpt Yoga		Aerial Yoga	
6:00 - 7:15 pm			Yin-Yasa Yoga		Hatha Yoga		
6:30 - 7:30 pm			Aerial Yoga		Aerial Yoga		
6:30 - 7:45 pm		Vinyasa Flow Yoga					
7:00 - 7:30 pm						Mindfulness Meditation 8/5, 8/19	
7:30 - 8:15 pm				Gong Therapy 8/3, 8/17 Sound Therapy 8/24, 8/31			

Pre-registration strongly suggested for aerial, restorative, and gong/sound therapy.



Upcoming Events

Full Moon Chakra Guided Meditation and Sound Bath Wednesday, Aug. 10 7:15 - 8:45 pm

Let go of all that no longer serves you and manifest balance and healing in your life. Allow the cosmic vibrations of the crystal singing bowls to activate every cell in your body, helping you wash away anxiety and stress, and leaving you to feel rejuvenated!

A sound bath is a deeply relaxing journey that activates your body's natural healing system.

Repetitive notes vibrating at different frequencies can balance the chakras and combat the "fight or flight" stress response. Listening to different frequencies can improve the purging of blockages in the energetic field while creating harmony in the body, mind, and soul.

In this workshop, you will not only have a meditative experience with sound and journey through the chakras, but you will also learn how your energy centers connect to parts of your body and their impact.

\$30 per person (15% off for members)
Pre-registration required.

Breathwork for Transformation Friday, Aug. 26 7:00 - 8:00 pm

Do you want to transform your life in some way? Would you like to clear away stress, anxiety, guilt, grief, or depression while filling yourself with love and gratitude? Breathwork helps you find a deeper connection with yourself allowing you to clear away anything that no longer serves you.

Who knew doing this simple breathing technique while lying down would be so powerful and profound? Your Breath is the master key to unlocking your infinite potential to manifest positive change in your life. If you are willing to put forth the effort, you may find more clarity, self-love, purpose or inner peace as well as less stress, anger, shame, or negative emotions.

\$25 per person (15% off for members)
Pre-registration required.

Aerial Yoga for Beginners: 8-week course Mondays, Sep. 12 - Oct. 3 6:00 - 7:00 pm

Join Cherise for a 4-week series to get acquainted with yoga in the aerial swing. IYT's unique aerial style incorporates the aerial swing into traditional-style yoga classes for a fun and challenging experience.

This introduction is appropriate for all beginner students. Gain confidence, strength and flexibility!

Weight limit is 400 lbs.

\$99 per person (15% off for members)
Pre-registration required.