



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 9:00 am			Motion is Lotion Yoga				
9:30 - 10:30 am							Strength & Sculpt Yoga
9:30 - 10:45 am		Yoga for Every Body		Yin Yoga		Yoga for Every Body	
11:00 - 12:00 pm			Gentle Yoga	Gentle Aerial Yoga	Gentle Yoga		Aerial Yoga
2:00 - 3:30 pm	Restorative Yoga 2/5, 2/19 (Hot Stones)						
5:15 - 6:30 pm		Yoga for Every Body					
5:30 - 6:30 pm				Strength & Sculpt Yoga			
5:30 - 6:45 pm	Candlelight Yin Yoga						
6:00 - 7:15 pm					Yin Yoga		
6:30 - 7:30 pm			Aerial Yoga		Aerial Yoga		
6:45 - 8:00 pm		Vinyasa Flow Yoga					
7:00 - 7:45 pm				Sound Therapy			
7:30 - 8:45 pm					Broga: Yoga for Men		

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



## Upcoming Events

### Full Moon Chakra Guided Meditation and Sound Bath Friday, Feb. 3 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! 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. **Pre-registration required.**  
**\$30 per person (15% off for members)**

### Yoga + CBD Tuesday, Feb. 7 7:15 - 8:45 pm

A collaboration from Integrative Yoga Therapy and Get SUNMED, Your CBD Store of Easley. A deep stretch yoga class with free samples of CBD products to use while you practice, enhancing your experience. They will also have products available for sale so remember to bring cash or order online with credit card for local delivery or pick-up. **Pre-registration suggested. \$10 per person or use your membership or class pass**

### Ayurveda Workshop Saturday, Feb. 11 6:00 - 7:30 pm

Ayurveda is a holistic system of medicine that has been practiced in India for over 5,000 years. Ayurveda sees each person as a unique combination of the 5 elements – ether, air, fire, water, and earth. These elements come together in different ways to form different physical constitutions, personality and emotional traits, and tendencies for specific diseases. **Pre-registration required.**  
**\$30 per person (15% off for members)**

### Sound Healing Acupuncture with Guided Meditation for Beginners Friday, Feb. 17 6:30 - 8:00 pm

Have you been intrigued by acupuncture but feel afraid of a traditional treatment because of needles? Free your mind of that needle aversion and treat yourself with a relaxing experience that can help you get the most out of acupuncture treatment. A great reset and an experience that can help harness your body's own natural healing abilities while targeting the stress and anxiety that needles can bring with a soothing sound bath. **Pre-registration required.**  
**\$65 per person (15% off for members)**

### Drumming Ceremony Saturday, Feb. 18 1:00 - 3:30 pm

Through Paula's journey of healing and discovery in finding herself and learning self-love she was guided to the drums. Sharing her gifts and passion with others to discover their own healing journey has become her life's purpose so that others can awaken and heal. **Pre-registration required.**  
**\$45 per person (15% off for members)**

### Yoga Therapy for Older Adults: 4-week course Tuesdays, Feb. 21 - Mar. 14 2:00 - 3:30 pm

For anyone over 60. Topics explored include balance, muscle mass, bone density, mental health, and cognitive function. **Pre-registration required.**  
**\$129 per person (15% off for members)**

### Yoga Therapy for Chronic Pain: 4-week course Wednesdays, Feb. 22 - Mar. 15 9:00 - 10:30 am

For anyone dealing with conditions related to chronic pain. **Pre-registration required.**  
**\$129 per person (15% off for members)**