



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 Yoga		Aerial Yoga
2:00 - 3:30 pm	Restorative Yoga 11/6, 11/20 (Hot Stones)						
5:30 - 6:45 pm	Candlelight Yin Yoga						
6:00 - 7:15 pm					Yin-Yasa Yoga		
6:30 - 7:15 pm				Gong Therapy 11/2, 11/16 Sound Therapy 11/9, 11/23, 11/30			
6:30 - 7:30 pm			Aerial Yoga		Aerial Yoga		
6:45 - 8:00 pm		Vinyasa Flow Yoga					
7:00 - 7:30 pm						Mindfulness Meditation 11/4	

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

Studio will be closed for Thanksgiving on Thursday, November 24th.



Upcoming Events

Full Moon Chakra Guided Meditation and Sound Bath

Monday, Nov. 7

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.

HeartMath Workshop: Building Your Personal Resilience

Saturday, Nov. 19

9:30 - 12:30 pm

During this workshop your HeartMath Mentor, Cheryl King, will introduce you to simple, practical, science based techniques that can help you de-stress by changing the way your body's physiology responds in stressful situations. You'll learn strategies to build your resilience and boost your ability to "take charge" of yourself by better regulating your energy throughout the day, a key in building and sustaining your resilience. Exploring the energy-management concepts can help you see where you may be draining your energy and depleting your reserves, which can keep you from being your best. (Institute of HeartMath, 2014) Class will last 2-3 hours depending on number of attendees.

*Please bring a notebook and a yoga mat if you have one.

\$75 per person (15% off for members)

Pre-registration required.

Aerial Swing Yoga Nidra

Friday, Nov. 25

6:00 - 7:00 pm

Yoga nidra, or yogic sleep, is a type of guided meditation designed to induce the relaxation response in our bodies. As the nervous system begins to shift from the fight or flight mode that so many of us are chronically stuck in to the rest and digest mode the body and mind are able to relax and release physical, psychological, and emotional tension. Pre-registration is strongly suggested. Space is limited. Weight limit for the swing is 400 lbs.

\$20 per person (or use your class pass or membership)

Pre-registration suggested.