



	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 Aerial Yoga	Gentle Yoga		Aerial Yoga
2:00 - 3:30 pm	Restorative Yoga 1/15 (Hot Stones)						
5:15 - 6:30 pm		Yoga for Every Body					
5:30 - 6:45 pm	Candlelight Yin Yoga						
6:00 - 7:00 pm			Slow-Mo Flow (\$10)				
6:00 - 7:15 pm					Yin Yoga		
6:30 - 7:15 pm				Gong Sound Therapy 1/11 Sound Therapy 1/18, 1/25			
6:30 - 7:30 pm			Aerial Yoga		Aerial Yoga		
6:45 - 8:00 pm		Vinyasa Flow Yoga					
7:00 - 7:30 pm						Mindfulness Meditation 1/6	

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

No afternoon/evening classes on New Year's Day.



Upcoming Events

Full Moon Yoga Nidra with Sound Bath Wednesday, Jan. 4 7:15 - 8:45 pm

Sink into stillness in this upcoming Full Moon Yoga Nidra with Sound Bath. The full moon allows us to cultivate a deeper sense of connection not only towards ourselves but our community. This workshop is fostering openness, healing, and balance to ensure our overall wellness. Yoga Nidra is a conscious relaxation-guided practice that brings you into a place between wakefulness and sleep. Rooted in awareness, this guided relaxation allows the mind to come into a receptive mode, slowing down our brain wave patterns while helping us enter a state of deep rest. Because this method induces complete physical, mental, and emotional relaxation, 1 hour of Yoga Nidra is equivalent to 3 hours of regular sleep. There are many life-changing benefits to this relaxing technique, it can help with insomnia, anxiety, stress, adrenal fatigue, PTSD, and much more.

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

Yoga for Beginners: 8-week Course Mondays, Jan. 9-Feb. 27 6:00 - 7:15 pm

Join Lee for a thorough introduction to yoga. This 8-week course will prepare you to step out into group yoga classes with confidence and knowledge. We will explore various styles of yoga and cover the basics of yoga poses, breathing and common terminology. This course is appropriate for absolute beginners, as well as students looking to step back to a beginner's mind to learn the core basics of yoga.

\$159 per person (15% off for members)
Pre-registration required.

Aerial Yoga for Beginners: 4-week Course Saturdays, Jan. 14-Feb. 4 12:30 - 1:30 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.

Drumming Ceremony Sunday, Jan. 29 1:00 - 3:30 pm

Paula is a Master of Intuitive Healing and Sacred Sound Medicine. She identifies negative perspectives and guides others in clearing and releasing the trapped emotions stored in their bodies by using the healing beats of the drum. Through her journey of healing and discovery in finding her self 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.

\$45 per person (15% off for members)
Pre-registration required.