

# Integrative Yoga Therapy April 2025 Schedule



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - 10:45 am		Yoga for Every Body		Yin Yoga		Yoga for Every Body	Yoga for Every Body
11:00 am - 12:00 pm			Gentle Yoga		Gentle Yoga		
11:00 am - 12:15 pm							
11:15 am - 12:00 pm		SilverSneakers® Yoga			SilverSneakers® Yoga		
6:00 - 7:15 pm		Vinyasa Flow Yoga		Yoga for Every Body			
6:15 - 7:15 pm			Aerial Yoga				
6:30 - 7:30 pm					Yin Yoga		
7:00 - 8:00 pm	Full Moon Sound Bath 4/13						
7:30 - 8:30 pm			Yoga Nidra 4/15				

C

**Pre-registration strongly suggested.**

**Classes may be cancelled if no one is registered at least one hour prior to start time.**



## Upcoming Events

### Pink Full Moon Sound Bath

Sunday, April 13

7:00 - 8:00 pm

This Full Moon workshop will focus on reminding ourselves of the balance we need to cultivate in our relationships through meditation with restorative poses accompanied by a sound bath. The April Pink Moon will take place in the airy Astrological sign of Libra. This 60-minute session will focus on releasing expectations in relationships and our identities and how we can take effective action to cultivate more meaningful connections in our lives.

**Pre-registration required.**

***\$25 per person (15% off for members)***

### Aerial Yoga for Beginners:

4-Week Course

Mondays, April 21 - May 12

6:15 - 7:15 pm

Join Beth 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!

**Pre-registration required.**

***\$99 per person (15% off for members)***

### Mother's Day Hot Stones Restorative

Yoga with Gong Sound Bath

Sunday, May 11

2:00 - 3:30 pm

Experience ultimate relaxation this Mother's Day with our Hot Stones Restorative Yoga Workshop paired with a Gong Sound Bath. Let go of stress as our experienced instructor guides you through gentle yoga poses, while the harmonious sounds of the gong wash over you, leaving you feeling refreshed and renewed. Treat yourself or a loved one to this blissful escape honoring the spirit of motherhood. Pre-registration required.

**Pre-registration required.**

***\$30 per person (15% off for members)***