



	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 3/5, 3/19 (Hot Stones)						
4:30 - 5:45 pm			Yoga for Every Body				
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 - 7:30 pm						Mindfulness (3/2)	
7:00 - 7:45 pm				Sound Therapy			
7:30 - 8:45 pm			Yoga for Every Body		Broga: Yoga for Men		

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



Upcoming Events

Aerial Yoga for Beginners: 4-week Course Mondays, March 6 - 27 7:00 - 8:00 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)

Full Moon Yoga Nidra and Sound Bath Tuesday, March 7 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.

Pre-registration required.

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

Yoga for Beginners: 8-week course Tuesdays, March 14 - May 2 6:00 - 7:15 pm

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.

Pre-registration required.

\$159 per person (15% off for members)

Drum Making Ceremony Saturday, March 18 1:00 - 4:00 pm

We will be making 15" hide drums (elk will be available from a supplier that honors the sacredness of animals). Elk is powerful medicine for healing child abuse and addictive patterns.

Pre-registration required.

\$333 per person (15% off for members)