

Integrative Yoga Therapy April 2022 Schedule



	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 for Every Body		Functional Yoga: Alignment 101	
11:00 - 12:00 pm			Gentle Yoga		Gentle Yoga		Aerial Yoga
2:00 - 3:00 pm	Reconnection Flow Yoga 4/10						
2:00 - 3:00 pm	Simply Stretch 4/24						
2:00 - 3:30 pm	Hot Stones Restorative 4/3						
4:30 - 5:30 pm		Gentle Yoga					
5:30 - 6:30 pm				Strength & Sculpt Yoga			
5:30 - 6:45 pm	Candlelight Yin Yoga						
6:00 - 7:15 pm			Yin-Yasa Yoga		Yin Yoga for Every Body		
6:30 - 7:30 pm			Aerial Yoga	Yoga Nidra w/Gong 4/27	Aerial Yoga		
6:30 - 7:45 pm		Vinyasa Flow Yoga					
6:30 - 8:30 pm				Paint Party, 4/13			
7:30 - 8:15 pm				Gong Therapy 4/6, 4/20			

We will be closed on Easter Sunday, April 17.

Pre-registration strongly suggested for aerial and strength & sculpt yoga.



Upcoming Events

Yoga for Beginners:
8-week course
Mondays, April 4 - May 23
6:15 - 7:30 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. Registrants for this course should be comfortable sitting on the floor. Students that prefer using a chair or are recovering from recent surgery or injury are encouraged to consider Gentle Yoga classes or call us to discuss your participation in this course.

\$159 (Members save 15%)

Please pre-register; space is limited.

Paint Party: Lotus Flower
Wednesday, April 13
6:30 - 8:30 pm

Daydream Art will be hosting this BYOB painting event. All art materials will be provided. Please book through Daydream Art's website: https://www.daydream-art.com/store/p249/Lotus_Flower.html

\$27 (No member discount)

Please pre-register; space is limited.



Aerial Yoga for Beginners:
4-week course
Fridays, April 29 - May 20
6:30 - 7:30 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! Weight limit is 400 lbs.

\$99 (Members save 15%)

Please pre-register; space is limited.