



	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 - 3:00 pm							
2:00 - 3:30 pm	Restorative Yoga 9/4, 9/18 (Hot Stones)						
5:30 - 6:30 pm				Gentle Yoga			
5:30 - 6:45 pm	Candlelight Yin Yoga						
6:00 - 7:00 pm				Strength & Sculpt Yoga		Aerial Yoga	
6:00 - 7:15 pm					Yoga for Every Body		
6:30 - 7:30 pm			Aerial Yoga		Aerial Yoga		
6:30 - 7:45 pm		Active Stretch & Flow Yoga					
7:00 - 7:30 pm						Mindfulness Meditation 9/23	
7:00 - 8:00 pm				Yin Aerial Yoga 9/28			
7:30 - 8:15 pm				Gong Therapy 9/7, 9/21 Sound Therapy 9/14			

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

Upcoming Events

Full Moon Yoga Nidra and Sound Bath Friday, Sep. 9 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.

Aerial Yoga for Beginners: 8-week course Mondays, Sep. 12 - Oct. 3 6:00 - 7:00 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.

Breathwork for Transformation Mondays, Sep. 12 & 26 7:30 - 8:30 pm

Do you want to transform your life in some way? Would you like to clear away stress, anxiety, guilt, grief, or depression while filling yourself with love and gratitude? Breathwork helps you find a deeper connection with yourself allowing you to clear away anything that no longer serves you.

Who knew doing this simple breathing technique while lying down would be so powerful and profound? Your Breath is the master key to unlocking your infinite potential to manifest positive change in your life. If you are willing to put forth the effort, you may find more clarity, self-love, purpose or inner peace as well as less stress, anger, shame, or negative emotions.

\$25 per person each class (15% off for members)
Pre-registration required.