

## Upcoming Events!

### Yoga 101

4 week series  
Wednesdays, Feb. 8th-29th  
7:00-8:15pm

Ideal for people who have never done yoga before or who have limited experience. Students will explore the history of yoga and discover its many benefits; weight loss, stress relief, increased strength, flexibility and more. You will learn over 20 basic yoga poses.

Cost: \$40

### Family Yoga

Saturday, Feb 4th  
11:00-11:45am

Share your love of yoga with the whole family. We will move & breathe together through kid friendly yoga sequences and work together in playful partnering exercises. Ages 2-12 with an adult.

Cost: \$8 per adult, \$4 per child.

### Date Night with a Twist

Friday, Feb 10th  
6:30-8:00pm

Inspiring Actions, llc Yoga Studio & Wellness Center invites you and your special someone to join us for Couples Yoga date night. Think candlelight, soft music, gentle partner yoga poses and massage. No yoga experience necessary, just a desire to share quality time physically connecting with your loved one in body, mind and spirit.

Cost: \$40/couple.

### Heal Your Life: Through Energy Balancing

Saturday, Feb 25th

#### PART ONE:

1:00-2:30pm, Working with your Natural Energy Systems with Cheryl Anderson-Hinz, Lotus Natural Health & Beauty

#### PART TWO:

2:45-4:15pm, Energy Balance Yoga Practice with Tracey Mortensen. Inspiring Actions

Cost: \$99, \$79 early bird thru 2/17



<b>Monday</b>		
8:00-9:00AM	Intermediate Yoga	Michel
9:30-10:30AM	Mixed Level	Tracy J
5:30-6:30PM	Yoga Core & More	Tracey
7:00-8:00PM	Gentle Yoga	Tracey
<b>Tuesday</b>		
6:45-7:30AM	Mixed Level	Dana
8:00-9:00AM	Hatha Yoga	Lucy
9:30-10:30AM	Gentle Yoga	Teri
12:15-1:00PM	Lunch time Yoga (at Healing Waters)	Teri
6:00-7:15PM	Heated Power Vinyasa Flow	Erin
6:00-7:00PM	Mixed Level	Dana
7:30-8:30PM	Candlelight Flow & Restore Yoga	Nealee
<b>Wednesday</b>		
7:00-8:00AM	Lukewarm Sunrise Mixed Yoga	Tracey
8:15-9:15AM	Mixed Level	Tracey
9:30-10:30AM	**Yoga with Childcare Share	Tracey
5:30-6:30PM	Beginning Yoga	Tracey
5:30-6:30PM	Lukewarm Mixed Level	Nealee
7:00-8:00PM	Zumba (at Healing Waters)	Tracy
7:00-8:15PM	**Fit to Deliver (Prenatal) Yoga	Nealee
7:00-8:15PM	**Yoga 101	Tracey
<b>Thursday</b>		
8:00-9:00AM	Mixed Level	Tracy J
9:30-10:30AM	Beginning Yoga	Tracey
11:00-1:45AM	**Crawlers Yoga	Tracey
3:30-4:30PM	**Baby Yoga	Tracey
4:45-5:45PM	**Fit to Deliver (Prenatal) Yoga	Tracey
5:30-6:30PM	Mixed Level	Sheryl
6:45-8:00PM	Heated Intermediate	Teri
<b>Friday</b>		
7:00-8:00AM	Lukewarm Power Vinyasa Flow	Tracey
9:30-10:30AM	Yoga Core & More	Tracy J
6:00-7:00PM	Sunset Mixed Level Yoga	Angela
<b>Saturday</b>		
8:00-9:00AM	Mixed Level	Erin
8:00-9:00AM	Heated Power Vinyasa Flow	Tracy J
9:30-10:30AM	Zumba (at Healing Waters)	Tracy J
9:30-10:30AM	*Gentle Yoga (Karma 2nd Sat -FREE YOGA)	Erin
<b>Sunday</b>		
9:00-10:00AM	Lukewarm Yoga Stretch	Erin
9:00-10:00AM	Mixed Level	Angela
11:00AM-Noon	Beginning Yoga	Angela
4:30-5:30PM	Restorative 2nd Sun. of the month	Sheryl

\* Free with food pantry donation. \*\* Pre-registration required.

## IA Memberships

### Yoga Memberships (Auto Deduct Required)

Monthly Unlimited	\$115/mo (\$79 for 1st month)	
6-Month Contract	\$99/mo	Senior/Student: \$92/mo
Family Monthly Unlimited	\$169/mo	

### Yoga Punch Cards

20% off: Seniors (60+)/Students		<b>Senior/Student</b>
Yoga Drop In	\$17	\$13.60
5 Class (exp 6 weeks)	\$79 (\$15.80/class)	\$63.20
10 Class (exp 3 months)	\$145 (\$14.50/class)	\$116.00
20 Class (exp 6 months)	\$260 (\$14.00/class)	\$208.00
Private Yoga Sessions	\$60/hr	
3-60 min private sessions	\$150	
Prenatal/Baby/Crawlers Yoga	\$72/6 weeks, \$15 drop-in.	

\*We are now a part of the \$20 Fitness Reimbursement Program

\*\* Pricing includes Zumba classes

### Brief description of Classes

(visit website for a more thorough explanation)

**Yoga 101:** 4 weeks series on learning the basics.

**Beginning Yoga:** Introduction to basic poses that flow together.

**Gentle Yoga:** Slow, soft exploration of postures, breath, and stretching.

**Intermediate Yoga:** Exploring more challenging poses; inversions, backbends and balances.

**Mixed Level Yoga:** An ideal class to both challenge and relax you.

**Lunchtime Yoga:** A 45 minute class designed so you can head right back to work.

**Hatha Yoga:** Focuses on linking breath, movement, and sound. Poses are held to explore mind, body and spirit.

**Power Vinyasa Yoga:** An advanced class designed to challenge and inspire you.

**Yoga Stretch:** Explores deep stretches with minimal flow.

**Karma Yoga:** Free gentle yoga class-2nd Saturday of each month with food donation.

**Yoga Core & More:** Focuses on strengthening core muscles with another area of the body

**Flow & Restore Yoga:** Flowing poses to warm up the body followed by a time of props and supported poses to relax and renew the body.

**Flow Yoga:** Introducing introspective slow movements linking breath and motion.

**Sunrise/Sunset Yoga:** Energizing and calming poses to bring balance to your mind and body.

**Fit to Deliver:** Prenatal yoga poses focusing on breathing flexibility and strength.

**Mommy and Baby Yoga:** Perfect for new moms who want to get back into shape and bond with their baby.

**Zumba:** Latin-inspired dance-fitness program.

## Wellness Center

### Nutrition Counseling

Evaluate your health history, current eating patterns, symptoms and lifestyle. Receive individualized meal plans, grocery store visits to help identify healthy alternatives, tips to boost your metabolism and exercise practices, supplement information and much more.

### Massage Services

*Traditional Swedish/Relaxation* - Reduce physical tension from the body in a gentle way by loosening tight muscles and stiffness, removing energy blockages and increasing blood lymph circulation.

*Deep Tissue/Sports Massage/Rehabilitation* - the use of slow, deep and intense massage strokes across the grain of the muscle heals physical injuries, chronic tension and emotional stresses within the body.

*Thai Massage* - a combination of traditional yoga, Buddhist healing techniques and Ayurveda. It consists of clothed massage techniques and assisted stretching focused on the flow of energy in the body. Thai Yoga is healing practice and designed to improve your personal yoga practice with individualized instruction in alignment and pose modifications.

### Reiki

Reiki is a holistic energy healing technique that is gentle and noninvasive and yet yields powerful results for physical, mental and emotional well being. It addresses both chronic and acute conditions such as stress, headaches, arthritis, fibromyalgia, pregnancy and many other conditions.

### HypnoBirthing ®

HypnoBirthing is a series of classes for families who wish to experience a natural, safe, calm and unmedicated birth experience. It is a unique method of natural childbirth education that allows women to use their natural instincts to bring about an easier and more comfortable birthing.

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