

# Yoga 101 Workshop

**Saturday, March 3, 2012**

**9:00 am—3:00 pm**

**Cost: \$60, \$50 Early Bird pricing thru 2/25**

## Vitality Village

246 Industrial Blvd., Shell Lake, WI 54871  
715.468.2232

### Guidelines

1. Space is limited. Please call 715.296.5552 to Register
2. Arrive 5-10 minutes early, we will start promptly at 9:00am. If you are a new student, you will need to fill out a release form.
3. Wear loose, comfortable clothing. We have rooms available if you need to change at the studio.
4. Yoga is typically practiced barefoot. We will ask you to leave your shoes at the front door
5. We have yoga mats for your use or bring your own.
6. Lunch will be brown bag or eat out.

## Instructor: Nicole Wenner

Yoga 101 is ideal for brand new people or anyone interested in further enhancing their practice. We will focus on breath work, pose alignment, and meditation in an atmosphere that is fun and relaxed. Other discussions will include history and benefits of yoga as well as exploring the Energy Body. This workshop will prepare you for any beginner or gentle yoga class that you may choose to attend in the future.

Yoga 101 was developed by our guest instructor and Shell Lake native, Tracey Mortensen. Tracey is the founder of Inspiring Actions Yoga Studio in Hudson, WI ([www.inspiringactions.com](http://www.inspiringactions.com)).

### AGENDA:

9:00 am	Flow Yoga
10:00 am	Introduction Yoga 101 Breath Yoga 101 Benefits/Poses
12:15 pm	Lunch
1:00 pm	Yoga 101 Energy Body
1:30 pm	Yoga 101 Meditation
2:00 pm	Gentle Yoga
2:45 pm	Closing

## Guest Instructor: Tracey Mortensen, E-RYT 200

Tracey Mortensen opened Inspiring Actions in 2008 with a passion to spread health and wellness throughout the St. Croix Valley and with a background in finance and economics. Her own yoga practice began in 1999 and later became increasingly consistent during a stressful time in her life. Turning to yoga completely changed her life and ultimately led her to become an instructor, a path that has included study with master teachers Seane Corn and Baron Baptiste. Tracey uses her knowledge and life experiences to help enrich her students' lives, creating a yoga community that now offers over 30 classes per week, including Yoga 101 for beginners. The Sanskrit words *sthira* (effort, drive) and *sukha* (grace, surrender) may be new to you, but attend one of Tracey's classes and you will understand how these words feel. Tracey has a special ability to push your body and mind while also making you feel accepted and supported. Although primarily drawn to teach gentle and beginning classes through a combination of hatha yoga vinyasa flow, you will find Tracey teaching nearly every class offered. With her fun, down-to-earth style, expect to find new depths in your poses...then erupt in belly laughs! Tracey created Inspiring Actions for you to develop your practice, to learn and to grow, all with a smile and without judgment. \*\*Certifications: (1) 200-hour RYT certification, TeriLeigh LLC, Hudson, WI and (2) 200-hour RYT certification, YogaFit



## Yoga 101 Registration Form (please print)

Name \_\_\_\_\_

Date \_\_\_\_\_

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Email \_\_\_\_\_  
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List any medical conditions (knee conditions, back conditions, recent pregnancy, etc)

What goals would you like to achieve from practicing yoga? (weight loss, flexibility, stress reduction, etc.)