



Body & Soul YOGA & FITNESS SCHEDULE

| | PARADISE | BELLA |
|------|---|---|
| mon | 8:00-8:45 CORE: TOTAL BODY CONDITIONING 9:00-10:15 YOGA 5:30-6:30 YIN YOGA Julia Julia Bridget | PRENATAL YOGA* Ann |
| tues | 6:00-7:00 SUNRISE YOGA 8:00-9:00 YOGA 8:30-9:20 YOGA + PILATES 5:00-6:00 YOGA 6:15-7:15 SITTING MEDITATION (FREE-BEGINNERS WELCOME) Bridget Susan Tobey Michelle W Jeff Wright | BARRE + STRENGTH Carol |
| wed | 8:00-8:45 CORE: TOTAL BODY CONDITIONING 9:00-10:15 YOGA 5:00-6:00 YOGA Julia Karen Michelle W + Katie | |
| thur | 6:00-7:00 SUNRISE YOGA 8:30-9:20 YIN YOGA 9:30-10:30 YOGA 5:00-6:00 YOGA 6:00-7:00 YOGA 6:30-7:45 Bridget Tobey Susan | BARRE + CARDIO Carol YOGA Katie SPIRITUAL YOGA (Love Offering)(1st Thurs) Jim |
| fri | 8:00-8:45 YOGA + PILATES 9:00-10:15 YOGA 4:30-5:15 YOGA (FREE) 5:30-6:30 YOGA (1st Friday of the month) Tobey Karen Rotating Student Jai Ram | |
| sat | 7:30-8:30 YIN YOGA 9:00-10:00 YOGA 10:30-12:00 YOGA THERAPY (1st Saturday*) Julia Julia Cathy Corkery | |
| sun | 9:00-10:15 YOGA 4:00-5:00 YOGA Michele C + Katie Dale | |

New Members **FIRST WEEK FREE** *for area residents!*

10% DISCOUNT

for full time college students, veterans, seniors, and co-habiting couples.

\$67 MONTHLY UNLIMITED CLASSES (Auto Pay)

If you practice 1-2 times per week, this membership is your best value:
 2 x week = \$8.13/class 3 x week = \$5.42/class 4 x week = \$4.06/class

\$72 MONTHLY UNLIMITED CLASSES (Regular Payment)

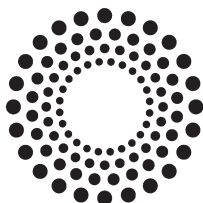
\$13.50 DROP IN

\$110 TEN CLASS PUNCH CARD

\$200 TWENTY CLASS PUNCH CARD

* YOGA THERAPY: 1st Saturday each month. Pre-registration and prepayment required.
 Includes PDF instructions. \$25 members/\$30 non-members

PRENATAL YOGA: Contact Ann Fautsch for information at annfautsch@gmail.com



Body & Soul

Visit **relaxlivewell.com** to register for classes online and to purchase memberships.



Like us on Facebook to see class cover and updates.

SALON, WELLNESS CENTER AND SPA
 2728 Asbury Rd. - Fountain Park
(563) 556-9642

“Be with
 those who help
 your being.”
 - Rumi

YOGA & FITNESS CLASS DESCRIPTIONS

Our classes are taught with modifications of intensity to accommodate and challenge you no matter your level of fitness. All fitness and experience levels are welcome. If you are new, please let the instructor know at the beginning of the class. We want you to have a fabulous experience and to feel safe at the same time.

NOTE: Class titles that include a + sign indicate that a balance of both workouts will be included. Attending a variety of classes is highly recommended to maximize strength, weight-loss/maintenance, flexibility & overall fitness

ALL CLASSES OPEN TO 14+ YEARS (not suitable for younger)

BARRE

Designed to effectively strengthen, tone and balance the entire body. We offer fat burning workouts that integrate the use of the barre and various props. Focus on form and precision while performing small isometric movements as instructors emphasize basic alignment, foundation, and specific actions.

BARRE + CARDIO

Using the same micro movements to deeply tone and shape your muscles as in our standard Barre class and adding calorie burning, heart rate inducing cardio along with it.

BARRE + STRENGTH

With the use of light hand weights and the barre, train your legs, arms, and core toward the look and alignment of a well-defined athlete or dancer.

CORE: TOTAL BODY CONDITIONING

This conditioning class targets the common problem areas and incorporates a mixture of core strength work, stretches and exercises for the legs, thighs, buttocks and stomach areas. If you want to get a firm core and tone deeply, this is a great workout for you!

MEDITATION . . .

"Sitting in stillness is the foundation of personal transformation. And, because stillness breeds stillness, sitting with others is a powerful advantage in this practice." – Jeff Wright. Join Jeff each week for an hour of community in deep silence. Jeff will be available before and after each session to help you with any difficulties you may be having with your practice. Jeff Wright, MA, E-RYT500, holds degrees in philosophy and pedagogy and has an advanced certification in hatha yoga instruction. He has been practicing, teaching, and writing about yoga for most of his life: 45 years of practice, 30 years of teaching. His most recent book is *Way of Stillness*. Open to all!

PRENATAL YOGA

Specifically designed for the pregnant woman to help prepare for the childbirth process, Prenatal yoga is appropriate for all stages of pregnancy and no previous yoga experience is necessary. In prenatal yoga you can expect to practice poses and learn to use your breath to: ease the discomforts of pregnancy, improve your ability to relax and concentrate, tune into and respond to your body's needs, get to know your baby and build confidence in your ability to give birth. This class is taught by a certified prenatal yoga teacher and nurse (* there is a separate fee for this class).

SPIRITUAL YOGA

Take your yoga practice "off the mat" and into deeper aspects of your life. Learn how the spiritual aspects of yoga can impact your life with this casual, interactive discussion about the moral, ethical and spiritual dimensions of yoga. Participants may share their own knowledge, thoughts and opinions, or simply learn about the deeper aspects of yoga and decide for themselves how this informs their own practice. Please note: There will be NO ASANA PRACTICE involved with this meeting. The content will be discussion based, with the possibility of an occasional centering meditation or breath activity. Open to all ages and levels of involvement with yoga.

SUNRISE YOGA

Start your day with classical yoga. This is a vinyasa-based sequence that allows for growth and development in your practice. Gentle, yet very specific, movements warm up and lubricate the body and balance the energies in preparation for the practice. Ayurvedic principles, yoga's sister science, underpin this practice and the sequence changes seasonally to help the body balance the changes in the elements. All levels welcome.

YIN YOGA

A perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat, and the lengthening and contracting of our muscles. Yin poses are held for a period of time during which we apply moderate stress to the connective tissues of the body—the tendons, fascia, and ligaments—with the aim of increasing circulation and mobility in the joints.

YOGA

In this open-level class you'll experience all the benefits of yoga - body alignment, breathing and relaxation techniques within the flow of the practice. We practice poses (asana), breathing well and sequencing to bring balance to your mind, body and spirit.

YOGA + PILATES

Emphasis on strengthening the core (lower abdominal and postural muscles), using classical mat Pilates exercises infused with yoga poses to increase strength and flexibility.