

Saturday 9/29 1:00pm - Outdoor Yoga:

Rejuvenate your senses & spirit while practicing yoga outdoors. Feel warmth on your face as you practice sun salutations, mimic the natural world around you while you practice tree pose, and feel peace as you relax in savasana. *Lead by Jennifer Bandy & Tammy Rinerson*

Sunday 9/30 9:30am - Sacred Yoga:

one-of-a-kind Hatha Style Vinyasa Flow Hot Yoga incorporating breath work and meditation to inspirational music for all levels. Staci creates a safe, uplifting space where you can release stress and anxiety and focus on honoring your body and giving back to yourself. You will experience hands-on adjustments & massage as you release negative energy and increase your flexibility. You will find balance, comfort and clarity in this positive, uplifting and relaxing environment infused with the healing power of pure essential oils. All levels are welcome. *Lead by Staci Zweschper*

Sunday 9/30 9:30am - Change to Grow Flow:

Join me in an hour dedicated to no one or nothing else, but yourself... mind, body and soul. Using your breath as your guide during your practice. Allowing your body to connect in more ways than one. Give yourself this full hour as we align our bodies into different postures and poses. *Lead by Magan Vigil*

Sunday 9/30 9:30am - Vinyasa Flow to Peak Posture:

This class will be similar to a typical Vinyasa or "Flow" class. The only difference is we will be working towards a specific goal. While this is represented through an asana (physical posture), it is actually working on opening up or strengthening specific parts of the body. You'll be amazed at the difference you feel from the beginning of class to the end. This class is 60-90 minutes depending on what we are working on opening during the class. This class is open to all levels. *By Aspen Groen*

Sunday 9/30 10:45am - Palates/Yoga:

Yoga originated thousands of years ago in the Eastern world. The Pilates Method of Body Conditioning was crafted in 20th Century Europe. Though similar in many respects there are deliberate differences between the two movement arts that can complement enhance understanding of the other. Learn the basics and apply to your favorite practice! *By Erin Benson*

Sunday 9/30 10:45am - Sacred Rebel Vibe:

Free your mind body and spirit with this one hour super fun up-beat vinyasa yoga flow with a Rebel twist! Emphasis on kicking comfort-zone poses to the curb and trying fun and new variations of squats, hip-openers and balancing postures set to synchronized jams. Be ready to get your yoga groove on! Suitable for all levels. *Lead by Chantell Griffith*

Sunday 9/30 10:45am - Body FLOW:

The Yoga Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling long, strong, calm and centered. *Lead by Jen Todd*

Sunday 9/30 1:30pm - Hatha Yoga:

Breath-synchronized yoga set in a flowing circular sequence at a medium pace. Cultivates core and leg strength with upper- body freedom. *Lead by Soly Culpepper*

Sunday 9/30 1:30pm - VINIYOGA:

The Viniyoga method of yoga is based on the deep relationship between breath and movement, experiencing yoga from the inside out and providing a sound approach to practicing āsana (yoga postures). The deep slow rhythmic breath that you will master naturally creates a calm and focused mind and reduces stress on a physiologic level. *Lead by Susan Hakanson*

Sunday 9/30 1:30pm - Aroma Yoga Flow:

Invigorating yoga class incorporating essential oils. We will use the various oils and properties associated with each to deepen and expand our practice. We will flow through yoga poses that stimulate, standing postures, longer holds, and relaxing poses choosing the essential oils that best enhance our practice. The class will end with a deep meditative relaxation; students will be invited to learn more about the essential oils used at the end of class. *Lead by Melissa Rietz*