




JULY 2025

OMBODY MASSAGE AND WELLNESS 724.320.9386



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------------|--|--|--------------------------------|---|---|--------|
| 30 | 1 | 2 | 3 | 4 | 5 | 6 |
| | | | | 9am - Friday Flow (James)  | 9:15am - Flow & Yin Yoga (Erica) | |
| 7 | 8 11:30am - Chair Yoga (Erica) 6pm - Gentle Yoga (Amy) | 9 | 10 6pm - Vinyasa Flow (Amy) | 11 9am - Friday Flow (James)  | 12 9:15am - Hatha Vinyasa w/ Weights (Erica)(\$20) | 13 |
| 14 | 15 6pm - Gentle Yoga (Amy) | 16 5:30pm - Restorative Yoga and Sound Bath (Leann)(\$20) | 17 6pm - Vinyasa Flow (Amy) | 18 9am - Friday Flow (James) | 19  3:15pm - Yoga Sundae & Meditation (Erica)(\$20) | 20 |
| 21 5:15pm - Barre (Tara) | 22 6pm - Gentle Yoga (Amy) | 23 | 24 6pm - Vinyasa Flow (Amy) | 25 9am - Friday Flow (James) | 26 9:15am - Restorative Flow (Erica) | 27 |
| 28 5:15pm - Barre (Tara) | 29 6pm - Gentle Yoga (Amy) | 30 | 31 6pm - Vinyasa Flow (Amy) | 1 9am - Friday Flow (James) | 2 | 3 |

ALL CLASSES \$15 UNLESS OTHERWISE NOTED. SEE REVERSE SIDE FOR SPECIAL CLASSES AND EVENTS. PLEASE PRE-REGISTER FOR ALL CLASSES AND WORKSHOPS AT OMBODYMASSAGEANDWELLNESS.COM, ON THE SCHEDULICITY APP OR CALL 724.320.9386.

JULY WORKSHOPS AND EVENTS

Please pre-register for all events and workshops to secure your spot. You can register on our website at ombodymassageandwellness.com or call 724.320.9386. Not sure if a workshop or event is for you? We are happy to get you connected with the workshop / event host to answer any questions for you!

CHAIR YOGA FOR EVERYONE - Tuesday, July 8th at 11:30am

Join us for this fun, accessible practice for all levels of practitioner. You'll practice a 45-minute chair yoga class appropriate for all experience levels of yoga (or no experience at all!). You'll mobilize all the major joints in the body, gently tone and stretch the muscles and finish with a guided relaxation to center your mind. Class fee: \$15 at door (\$12 for yogis 65+) Class location: St. Peter's Lutheran Church, 121 Walnut Hill Road, Uniontown, PA.

SUMMER SELF-CARE SOIREE - July 11th beginning at 6:00pm

These evenings of Self-care and Fun Activities are our way of helping to build a Healthy, Happy Community and Show off our Skills and Studio! July's Lineup is Packed with Sample classes, Chair Massage, Thai Massage, Tuk Sen Reflexology, Tarot Readings, Permanent Jewelry, Sound Therapy, Information, and merchandise from local vendors and more!!! Plus Raffles, Prizes, Snacks, and a Complimentary Glass of wine (for those 21 and older, of course). Grab your Friends and Family Members! Co-workers and Cousins! Share a fun Evening of Wellness and Self-care!

HATHA VINYASA W/ WEIGHTS - Saturday, July 12th at 9:15am

This class is for experienced yogis seeking a bit of creativity in their practice! Combine the intelligent sequencing of Hatha Yoga with the flowing movements of Vinyasa ... and add light weights (optional) for a bit o' challenge. This class is a mix of holding classical postures to build strength and flowing through postures to enhance mobility and balance. Note: This class has an OPTION to use 1 - 5-pound weights intermittently through class. Less is more -- you'll be amazed at how 1-pound weights affect a yoga posture! To maximize safety & minimize joint issues, no more than 5-pound weights will be used in class. Class Fee: \$20. Limited to 12 registered participants.

RESTORATIVE YOGA WITH SOUND BATH - Wednesday, July 16th at 5:30pm

Join Leann for a soothing yoga session to ease into your weekend. Bonus! You get the benefits of a sound bath, too! This session is suitable for all levels of practitioner – the floor-based postures use props for support, so your ENTIRE body is able to release tension. Pre-registration required: \$20.

YOGA SUNDAE & MEDITATION – Sunday, July 20th at 3:15pm

National Ice Cream Day is July 20th ... Let's celebrate with a summery sweet yoga practice – light stretches, generous scoops of fun, flowy postures and we top it all off with yummilicious relaxation and meditation. Option: After class, join our community for ice cream sundaes! (gluten-free & dairy-free options available) Pre-registration required! Fee: \$20