

APRIL 2026

OMBODY MASSAGE AND WELLNESS 724.320.9386



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
23	24	25	26	27	28	29
30	31	1	2	3	4	5
5:15pm - Barre (Tara)			10am - Chair Yoga @SPLC (Erica)		8am - Stretch & Flow Yoga @S.U. Sports Complex (Erica)	
6	7	8	9	10	11	12
			9am - Yoga & Mobility Flow (Erica)		9:30am - Hatha Vinyasa w/ Weights (\$20) (Erica)	9:30am - Sunday Serenity - Yoga Flow & Nidra (Erica)
13	14	15	16	17	18	19
			10am - Chair Yoga @SPLC (Erica)	5:30pm - New Moon Restorative Yoga & Sound Bath (Leann)		9:30am - Restorative Flow & Tea Meditation (\$20) (Erica)
20	21	22	23	24	25	26
5:15pm - Barre (Tara)		6pm - Earth Day Guided Meditation (Crystal)	9am - Yoga & Mobility Flow (Erica)			
27	28	29	30	1	2	3
5:15pm - Barre (Tara)						

PLEASE PRE-REGISTER FOR ALL CLASSES AND WORKSHOPS AT OMBODYMASSAGEANDWELLNESS.COM OR CALL 724.320.9386.

APRIL WORKSHOPS AND EVENTS

Please pre-register for all events and workshops to secure your spot. You can register on our website at ombodysmassageandwellness.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!

STRETCH & FLOW COMMUNITY YOGA DONATION CLASS - Saturday, April 4th at 8am

*45-minute, well-rounded stretch & flow class - practice mat-based postures for flexibility, strength, balance & coordination, with closing guided relaxation. Bring your own mat (limited mats available). Walk-ins welcome. Door opens at 7:45am. Suggested donation \$10. **Class location:** South Union Indoor Sports Complex, 333 S. Pennsylvania Ave, Uniontown, PA.*

CHAIR YOGA FOR EVERYONE - Thursdays, April 2nd & 16th at 10:00am

Join us for this fun, accessible practice for all levels of practitioner. Practice a 45-minute chair yoga class to mobilize all the major joints in the body, gently tone and stretch the muscles and center your mind. Fee: \$15 at door (\$12 for yogis 65+)

Class location: St. Peter's Lutheran Church, 121 Walnut Hill Road, Uniontown, PA.

HATHA VINYASA W/ WEIGHTS - Saturday, April 11th at 9:30am

This class is for experienced yogis seeking a bit of creativity in their practice! 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. To minimize joint strain, no more than 5-pound weights will be used in class. Class Fee: \$20. Limited to 12 registered participants.

NEW MOON RESTORATIVE YOGA & SOUND BATH - Friday, April 17th at 5:30pm

Welcome the New Moon with this extremely gentle, floor-based practice that is suitable for all levels. Poses are supported by bolsters and blankets to encourage muscular and nervous system relaxation. You are encouraged to relax and connect with your breath throughout the practice. Included in this very special class is a sound bath to soothe and rejuvenate! Pre-registration required. Limited spots available. Fee: \$20.

RESTORATIVE FLOW & TEA MEDITATION - Sunday, April 19th at 9:30am

A new moon-inspired yoga class, followed by a guided tea meditation. The yoga practice prepares us for a seated meditation featuring tea specially selected to support your new moon intention-setting. Plus, take a sample home with you for your own meditation practice! Pre-registration required. Limited spots available. \$20

BARRE CLASS - Mondays, April 20th & 27th at 5:15pm

Barre is an exciting and dynamic workout, inspired by ballet movements, Pilates, yoga, and strength training. Barre classes help improve balance, flexibility, stamina, postural awareness, strength, and confidence. Modifications and variations are offered for all levels of fitness, from beginners to the most experienced clients. Pre-registration recommended. Fee: \$15

SPECIAL EARTH DAY GUIDED MEDITATION - Wednesday, April 22nd at 6:00pm

Practice a reclined guided meditation to cultivate awareness and sense of care for our home. Mats, bolsters, blankets and more provided -- be prepared to get comfy! Pre-registration recommended. Fee: \$15