

OCTOBER 2025

OMBODY MASSAGE AND WELLNESS 724.320.9386



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

		1	2	3	4	5
			5pm - Vinyasa Flow (Amy)	7pm - Week 3 Philosophy & Magick of Wicca (Denise)		
6	7	8	9	10	11	12
5:15pm - Barre (Tara)	10am - Morning Flow (James) 5pm - Gentle Yoga (Amy)		10am - Chair Yoga (Erica) 5pm - Vinyasa Flow (Amy)	7pm - Week 4 Philosophy & Magick of Wicca (Denise)	9:15am - Hatha Vinyasa w/ Weights (Erica)(\$20)	
13	14	15	16	17	18	19
5:15pm - Barre (Tara)	10am - Morning Flow (James) 5pm - Gentle Yoga (Amy)		5pm - Vinyasa Flow (Amy)	7pm - Week 5 Philosophy & Magick of Wicca (Denise)	8am - Community Yoga w/ Erica 10am - 12pm- Yoga for Osteoporosis Workshop (Jill)	10am - Yoga & Mimosa w/ Alexa
20	21	22	23	24	25	26
5:15pm - Barre (Tara)	10am - Morning Flow (James) 5pm - Gentle Yoga (Amy)	4:30pm - Yoga for Pelvic Health (Tara & Erica) (\$20) 6pm - Guided Meditation (Crystal)	10am - Chair Yoga (Erica) 5pm - Vinyasa Flow (Amy)	7pm - Week 6 Philosophy & Magick of Wicca (Denise)	9:15am - Flow & Yin Yoga (Erica) 12pm - Gloga for Kids (Alexa)	
27	28	29	30	31	1	2
5:15pm - Barre (Tara)	10am - Morning Flow (James) 5pm - Gentle Yoga (Amy)		5pm - Vinyasa Flow (Amy)	7pm - Week 7 Philosophy & Magick of Wicca (Denise)		

ALL CLASSES \$15 UNLESS OTHERWISE NOTED. CLASS FEE PAID DIRECTLY TO INSTRUCTOR. SEE REVERSE SIDE FOR SPECIAL CLASSES AND EVENTS. PLEASE PRE-REGISTER FOR ALL CLASSES AND WORKSHOPS AT OMBODYMASSAGEANDWELLNESS.COM OR CALL 724.320.9386.

OCTOBER 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!

CHAIR YOGA FOR EVERYONE - Thursdays, October 9th & 23rd at 10:00am

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!). 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.

HATHA VINYASA W/ WEIGHTS - Saturday, October 11th at 9:15am

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.

COMMUNITY YOGA DONATION CLASS - STRETCH & FLOW - Saturday, October 18th at 8am

45-minute, well-rounded stretch & flow class. Practice mat-based postures for flexibility, strength, balance & coordination, with closing guided relaxation. Suggested donation \$10.

YOGA FOR OSTEOPOROSIS WORKSHOP - Saturday, October 18th at 10:00am - 12:00pm

Are you or someone you know experiencing Osteoporosis or Osteopenia? This workshop with Jill Hagar, Yoga Therapist with Yoga St. Lucia, will guide you through a series of poses that work with your own body weight to build strength and flexibility. Any body of any age or ability can do yoga! Registration required, 10-person minimum for the workshop to run. Fee: \$40 Early Bird Registration; \$50 after October 10th. Sign up with a friend!

YOGA FOR PELVIC HEALTH - Wednesday, October 22nd at 4:30pm

Tara, PTA and Erica, RYT-500 guide you through a well-rounded yoga & physical therapy inspired practice to support pelvic health. This 60-minute practice is mat- or chair-based, and addresses a variety of PF issues, from incontinence / urgency to instability / tension in the muscles and tissues. You CAN feel better! Join us for this practice! Fee: \$25.

GUIDED MEDITATION - Synchronicities - Wednesday, October 22nd at 6:00pm

Join Crystal for a mid-week meditation designed to tap into synchronicities and messages from a higher power of your understanding. Synchronicities, signs and messages are all around us in our daily lives. When we train ourselves to not only notice them but to surrender to the divine guidance available to all of us at any time, our lives become better and more meaningful. All are welcome, no meditation experience necessary! Fee: \$15.

YOGA & MIMOSA - Sunday, October 19th, 10am - 12pm

Join Alexa on Sunday morning for a mimosa followed by a power yoga class. Step into your power on & off the mat. Celebrate connection! Pre-registration required, over 21. Limited spots available. \$20.