

## Inspire Health & Wellness Spa January Schedule

Sun	Mon	Tues	Wed	Thur	Fri	Sat
6 <b>YogaBarre</b> (4 pm w/ Sami) <b>\$5 Weekend Wind-Down</b> (7:30 pm) (w/ Andrea)	7 <b>Candle Lit All Levels Flow</b> (8 pm) (w/ Kelly)	8 <b>All Levels Vinyasa</b> (7 pm w/ Sami)	9 <b>Vin Yin</b> (6:45pm w/ Sami)	10 <b>Yin Yoga</b> (8pm) (w/ Kelly)	11	12 <b>Vin Yin</b> (9:15 am w/ Sami) <b>Back to Basics Workshop</b> (Noon w/ Kelly)
13 <b>YogaBarre</b> (4 pm w/ Sami) <b>\$5 Weekend Wind-Down</b> (7:30 pm) (w/ Sami)	14 <b>Candle Lit All Levels Flow</b> (8 pm) (w/ Kelly)	15 <b>All Levels Vinyasa</b> (7 pm w/ Andrea)	16 <b>Vin Yin</b> (6:45pm w/ Sami)	17 <b>Yin Yoga</b> (8pm) (w/ Kelly)	18	19 <b>Vin Yin</b> (9:15 am w/ Sami) <b>A Creative Yoga Practice Workshop</b> (Noon w/ Kelly)
20 <b>YogaBarre</b> (4 pm w/ Sami) <b>\$5 Weekend Wind-Down</b> (7:30 pm) (w/ Sami)	21 <b>Candle Lit All Levels Flow</b> (8 pm) (w/ Kelly)	22 <b>All Levels Vinyasa</b> (7 pm w/ Andrea)	23 <b>Vin Yin</b> (6:45pm w/ Sami)	24 <b>Yin Yoga</b> (8pm) (w/ Kelly)	25	26 <b>Vin Yin</b> (9:15 am w/ Sami) <b>Prenatal Yoga</b> (Noon w/ Kelly)
27 <b>YogaBarre</b> (4 pm w/ Sami) <b>\$5 Weekend Wind-Down</b> (7:30 pm) (w/ Sami)	28 <b>Candle Lit All Levels Flow</b> (8 pm) (w/ Kelly)	29 <b>All Levels Vinyasa</b> (7 pm w/ Kelly)	30 <b>Vin Yin</b> (6:45pm w/ Sami)	31 <b>Yin Yoga</b> (8pm) (w/ Kelly)	1	2 <b>Vin Yin</b> (9:15 am w/ Sami) <b>Prenatal Yoga</b> (Noon w/ Kelly)

Studio doors will open 10 minutes prior to classes.

Please use the MindBody App/ the online MindBody booking system to reserve classes.

Clients are always welcome to message us on Facebook to sign up!

Classes subject to change.

## **Class Descriptions:**

**Yin Yoga (Low Heat)** - A quiet, meditative practice with an emphasis on stretch & restoring in poses. Most poses are done while seated or lying down & are held for longer periods of time. This allows yogis the opportunity to bring awareness to their breath and sensations in the body. This practice will leave you feeling refreshed, renewed & restored. It is a wonderful practice to compliment those who run, cycle or have other more active pursuits.

**All Levels Vinyasa (Heated)** - A solid foundation is key to a strong yoga practice! Start building yours in this all-levels vinyasa based class. Students move through poses that incorporate both power, balance and flexibility through the connection of yogi breath & postures. This class is great for beginners & advanced yogis! All are welcome!

**Vin-Yin (Heated)** - A combination of your favorites! Vinyasa and Yin Yoga. The Vinyasa portion warms the body up and then relax and lengthen during the Yin Yoga portion. Leave feeling calm and energized!

**Candle Lit All Levels Flow (Low Heat)** - It's lights out during these classes! Practicing just by candle-light you will be able to drop inward; holding poses longer and deeper. This class is great for beginners and advanced yogis.

**YogaBarre (Low Heat)** - Join us for our version of a happy hour & get a full body buzz! This class incorporates yoga, body and free weights with barre exercises that work on core stability and whole body alignment. Barre movements are a great compliment to yoga to create long lean muscles to advance your practice. Your workout is done on the mat, no barre needed! This class is great for beginners & advanced yogis! All are welcome!

**Prenatal Yoga (No Heat)** - If you're pregnant and looking for ways to relax or stay fit, you might be considering prenatal yoga. But did you know that prenatal yoga might also help you prepare for labor and promote your baby's health? A typical class will focus on breath, gentle stretching and healthy movements. Not pregnant? No worries! You can still attend class!

**Salty Yoga (No Heat)** - The Salt Cave is a wonderful place to practice yoga, as deep breathing can help to maximize the benefits of salt therapy! This 45-minute yoga class includes opening postures for the lungs and ends with an extended savasana. Since Himalayan salt has as wonderful crystal structure and holds a very nice energy & supports the spiritual practice of Yoga.

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