

~ September 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
MEMBERSHIP PRICES 3 month UNLIMITED WALK-IN - \$172.50 <i>(You SAVE on 7 or more classes a month!) PLUS 10% discount!</i> 6 month UNLIMITED WALK-IN - \$315.00 <i>(You SAVE on 6 or more classes a month!) PLUS 15% discount!</i>				1 7:45p Yoga for Athletes	2	3 9a Hatha
4	5 6:30p Yoga for Athletes	6 4:30p Hatha 6:30p CORE Yoga	7 6:15p CORE Yoga 7:15p Hatha	8 4:30p Hatha 7:45p Yoga for Athletes	9	10 9a Hatha
11	12 5:15p Vinyasa 6:30p Yoga for Athletes	13 4:30p Hatha 6:30p CORE Yoga	14 6:15p CORE Yoga 7:15p Hatha	15 4:30p Hatha 7:45p Yoga for Athletes	16	17 9a Hatha
18	19 5:15p Restorative Yoga 6:30p Yoga for Athletes	20 4:30p Hatha 6:30p CORE Yoga	21 6:15p CORE Yoga 7:15p Hatha	22 4:30p Hatha 6p Humble Yoga 7:45p Yoga for Athletes	23	24 9a Hatha 10:30a Humble Yoga
25	26 8:30a Vinyasa 5:15p Vinyasa 6:30p Yoga for Athletes	27 6:45a Hatha 4:30p Hatha 6:30p CORE Yoga	28 8:30a Vinyasa 6:15p CORE Yoga 7:15p Hatha	29 6:45a Hatha 4:30p Hatha 6p Humble Yoga 7:45p Yoga for Athletes	30	Weekly Walk-in Friendly Classes! Workshops and Special Classes

WALK-IN'S WELCOME

Hatha

Our most popular class! Join us for a 60-70 minute class designed to be beginner friendly but allowing for pose and level options that even the most advanced student will benefit from. Great for flexibility, strength, Core and relaxation all in one!

CORE Yoga

Thirty minute Yoga with the ball, large or small, your choice! Then thirty minute Yoga on the mat. Feel it in your CORE and in your balance. Beginner Friendly.

Vinyasa Flow

Vinyasa movements are smoothly flowing and faster paced, which explains why it is sometimes referred to as Vinyasa Flow. This is a Level 1 or 2 class, some experience required.

Restorative Yoga

We quiet the mind, release the body and relax into a variety of restorative poses leaving the body renewed, refreshed, restored! Beginner Friendly!

Humble Yoga – Beginner's Hatha

This class will give you an opportunity to learn about the basics of good, traditional, beginner friendly Hatha Yoga.

Yoga for Athletes

Athletes and those who regularly workout heavily tend to experience overdevelopment in sport-specific muscles and joints. This often leads to reduced flexibility in key muscles and joints and may limit performance or even increase risk for injury. Yoga for Athletes is designed to release tension in muscles and joints, create opportunity to deepend current conditioning programs and to maximize restoration during rest or "off" days. Beginner Friendly.

Class Sizes are LIMITED!
First-Come, First-Serve!



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