

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 *Yoga T.R.I.M. 6:30-7:30p	2 *YogaFaith Sunrise 6-7:00a *Chair Yoga 12-12:45p & 6-6:45p	3 *Yoga with Carol 5:30-7:00p	4 *Yoga Beginners 5:30-6:30p *Yin Yoga 6:45-7:45p	5 *YogaFaith 12:30-1:30p *Yoga + Sleep Meditation w/ Mandy 7-8:30p	6
7 *HIIT with a Twist w/ Stayce 2:30-3:45p	8 *Yoga T.R.I.M. 6:30-7:30p	9 *YogaFaith Sunrise 6-7:00a *Chair Yoga 12-12:45p & 6-6:45p	10 *Yoga with Carol 5:30-7:00p	11 *Yoga Beginners 5:30-6:30p *Yin Yoga 6:45-7:45p	12 *YogaFaith 12:30-1:30p *Yoga + Sleep Meditation w/ Mandy 7-8:30p	13
14 *HIIT with a Twist w/ Stayce 2:30-3:45p	15 *Yoga T.R.I.M. 6:30-7:30p	16 *YogaFaith Sunrise 6-7:00a *Chair Yoga 12-12:45p & 6-6:45p	17 *Yoga with Carol 5:30-7:00p *Amanda-YogaFaith at Hope Church 6:30-7:50p (free)	18 *Yoga Beginners 5:30-6:30p *Yin Yoga 6:45-7:45p	19 *YogaFaith 12:30-1:30p *Yoga sleep + meditation w/ Mandy 7-8:30p	20 *Mom & Me Yoga 9:30-10a (Easter special)
21 *HIIT with a Twist w/ Stayce 2:30-3:45p	22 *Yoga T.R.I.M. 6:30-7:30p	23 *YogaFaith Sunrise 6-7:00a *Chair Yoga 12-12:45p & 6-6:45p	24 *Yoga with Carol 5:30-7:00p	25 *Yoga Beginners 5:30-6:30p *Yin Yoga 6:45-7:45p	26 *YogaFaith 12:30-1:30p *Yoga sleep + meditation w/ Mandy 7-8:30p	27
28 *HIIT with a Twist w/ Stayce 2:30-3:45p	29 *Yoga T.R.I.M. 6:30-7:30p	30 *YogaFaith Sunrise 6-7:00a	May 1 *Yoga with Carol 5:30-7:00p	May 2 *Yoga Beginners 5:30-6:30p	May 3	May 4

NEW CLASSES MAY BE ADDED OR TIMES CHANGED...PLEASE VISIT WEBSITE
WWW.TRUEHEALINGMASSAGEGF.COM OR FACEBOOK PAGE EVENTS

EVENTS

Got CORE Confidence

4/7/19 3:30-6:00 p.m.

Created for new & seasoned moms who feel that their body is NOT the same after having kids.

Overcome the effects that pregnancy & childbirth can have on the body. Is your ribcage wider than it used to be? Do you struggle with a "post baby pooch" called Diastasis Recti or embarrassing pelvic floor symptoms? You'll be happy to know surgery is not your only option!

Restore the strength & function of your core & pelvic floor with specific exercises designed to heal & realign your body.

Enjoy life long resolution by fixing the root cause of your symptoms.

Join Stayce (mother of 4, RN, certified Embody instructor & PostPartum Core Exercise Specialist) for this unique workshop series on

Visit website for descriptions, prices & other information.

www.TrueHealingMassageGF.com

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CORE confidence workshops: →

For questions, to sign up, or purchase a gift card email Stayce at stayce.corelastic@gmail.com www.CorElastic.fit

HIIT with a Twist (for moms) with Stayce Kringstad

HIIT is a unique workout (designed for moms) that makes you feel empowered and alive. Workout smart by respecting your body, by meeting your strength where it's at, and challenge yourself through a full body focused exercise session of alternating cardio blocks and muscle conditioning segments. Awaken your metabolism and shape and tone your body by using body weight and resistance bands followed by 30 minutes devoted for core and pelvic floor corrective exercises.

Chair Yoga

Attend one or more classes for \$10 each or the whole 4 week series for \$36. This class is great for office workers, anyone injured who can not get up and down on a yoga mat, retired or near retirement individuals and anyone who may benefit from using a chair instead of the floor. In class, you will:

- *correct posture
- *increase mobility
- *decrease pain
- *breath awareness & more!

**Yin Yoga:

Focuses on releasing the deeper tissues such as ligaments, fascia & even joints. Each pose is held for 3-5 minutes. This class is very beneficial for athletes to prevent injury, beginners, adults 25 yrs +, and anyone with stiffness in their body. Limited mobility in our bodies is primarily determined by our ligaments not our muscles!

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