

Yoga & Wellness

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 YogaFaith Sonrise 6:00-7:00 a.m.	2 Yoga with Carol 5:30-7:00 p.m.	3 Yoga Beginners 5:30- 6:30p; Yin Yoga Series 6:45-7:45 p.m.	4 YogaFaith 12:30-1:30 p.m.	5 No Classes
6 CLOSED	7 Yoga T.R.I.M 6:30-7:30 p.m.	8 YogaFaith Sonrise 6:00-7:00 a.m.	9 Yoga with Carol 5:30-7:00 p.m.	10 Yoga Beginners 5:30-6:30 p.m. Yin Yoga Series 6:45-7:45 p.m.	11 YogaFaith 12:30-1:30 p.m.	12 HIIT for moms 8:30- 9:30a w/ Stayce; Mommy & Me Yoga 9:45-10:15 a.m.
13 CORE confidence workshop 1 of 3 4:00-6:00 p.m.	14 Yoga T.R.I.M 6:30-7:30 p.m.	15 YogaFaith Sonrise 6:00-7:00 a.m.	16 Yoga with Carol 5:30-7:00 p.m.	17 NEW! Chair Yoga Series 12:00-12:45 p.m.; Yoga Beginners 5:30p; Yin Yoga 6:45p	18 YogaFaith 12:30-1:30 p.m.	19 HIIT for moms 8:30- 9:30a w/ Stayce; Energy Centers & ChakrasWorkshop 10a-12:30p
20 CLOSED	21 Yoga T.R.I.M 6:30-7:30 p.m.	22 YogaFaith Sonrise 6:00-7:00 a.m.	23 Yoga with Carol 5:30-7:00 p.m.	24 Chair Yoga Series 12:00 p.m.; Yoga Beginners 5:30p; Yin Yoga Series 6:45p	25 YogaFaith 12:30-1:30 p.m.	26 No HIIT class
27 CLOSED	28 Yoga T.R.I.M 6:30-7:30 p.m.	29 YogaFaith Sonrise 6:00-7:00 a.m.	30 Yoga with Carol 5:30-7:00 p.m.	31 Chair Yoga Series 12:00 p.m.; Yoga Beginners 5:30p; Yin Yoga Series 6:45p	Feb 1 YogaFaith 12:30-1:30 p.m.	Feb 2 HIIT for moms 8:30-9:30a w/ Stayce Kringstad

EVENTS

CORE confidence workshops: →

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

Got CORE Confidence

1/13/19 4:00-6:00 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 1/13/19, 2/24/19 & 4/7/19

When we have anxiety, certain emotional reactions to specific things, digestive or eating issues, acne or eczema, a tendency to give more to others while neglecting our self, creativity, self-esteem problems, addiction, and many health complications among other things it is a sign that our body is out of balance somewhere. In Chinese medicine, Ayurvedic Medicine and many other cultures they have found that there are energy centers in our bodies from which imbalances happen. In this workshop, we will go through each energy center and we will briefly go over specific yoga poses, Young Living essential oils, using natural stones such as jade and ruby etc, foods, and even Bible scriptures for supporting each energy center. Amanda Wheeler, YogaFaith Master Instructor & yogahour

Chair Yoga

In this 4 week series, we will work on yoga postures while using the chair for added support. The postures will help increase mobility, reduce pain and tension, correct posture that is slowly injuring the spine, help digestion, perform exercises for forearm tension and carpal tunnel relief or prevention, self-massage techniques and many more benefits. This series is for office workers, injured individuals who cannot use a yoga mat on the floor, elderly or anyone who may need the use of a chair. Chairs will be provided. Please sign up if possible, but not required, to TrueHealingMassageGF@gmail.com 701-213-8283. **VISIT Website for Yin Yoga description and other classes.**

Energy Centers/Chakras Workshop:

This workshop will cover the 7 energy centers (also known as Chakras), what they are, when they develop, the "symptoms" when they are out of or in balance, and how to balance them.

