

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 *YogaFaith 12:30-1:30p *Yoga + Sleep Meditation w/ Mandy 7-8:30p	2 No Classes; Marriage Conference @ Hope Church
3 *HIIT with a Twist w/ Stayce 2:30-3:30p	4 *Yoga T.R.I.M 6:30-7:30p	5 *YogaFaith Sunrise 6-7:00a	6 *No class: Yoga with Carol *Amanda- YogaFaith at Hope Church the Rock 6:30-7:50p (free)	7 *Yoga Beginners 5:30-6:30p	8 *YogaFaith 12:30-1:30p *Yoga + Sleep Meditation w/ Mandy 7-8:30p	9 No Classes
10 *HIIT with a Twist w/ Stayce 2:30-3:30p	11 *Yoga T.R.I.M 6:30-7:30p	12 *YogaFaith Sunrise 6-7:00a	13 *Yoga with Carol 5:30-7:00p	14 *Yoga Beginners 5:30-6:30p	15 *YogaFaith 12:30-1:30p	16 *Mom & Me Yoga 9:30-10a *Oils of Ancient Scripture 10:30a
17 *HIIT with a Twist w/ Stayce 2:30-3:45p	18 *Yoga T.R.I.M 6:30-7:30p	19 *YogaFaith Sunrise 6-7:00a	20 *Yoga with Carol 5:30-7:00p *Amanda- YogaFaith at Hope Church the Rock 6:30-7:50p (free)	21 *Yoga Beginners 5:30-6:30p	22 *YogaFaith 12:30-1:30p *Yoga sleep + meditation w/ Mandy 7-8:30p	23 No Classes
24/31 *HIIT with a Twist w/ Stayce 2:30-3:45p	25 *Yoga T.R.I.M 6:30-7:30p	26 *YogaFaith Sunrise 6-7:00a	27 *Yoga with Carol 5:30-7:00p	28 *Yoga Beginners 5:30-6:30p *Yin Yoga 6:45-7:45p	29 *YogaFaith 12:30-1:30p *Yoga sleep + meditation w/ Mandy 7-8:30p	30 No Classes

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

OILS OF ANCIENT SCRIPTURE

Join us for an introduction to Young Living essential oils and their uses and benefits along with a detailed view of the Young Living essential oils set called "Oils of Ancient Scripture" while we find scripture references relating to these 10 essential oils. Megan Mozinski, LMT, Health Kinesiologist & Young Living distributor will be our teacher for this class.

Cost: \$15 (for the intro portion and the biblical portion is free)

*Yin Yoga Thursdays

3/28/19-4/25/19

6:45-7:45 p.m.

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.

Chair Yoga: Tuesdays 12-12:45p (4/2/19-4/23/19)

Chair Yoga Evenings: Tuesdays 6-6:45p (4/2/19-4/23/19)

Visit website for descriptions, prices & other information.

www.TrueHealingMassageGF.com

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