

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 *Yoga T.R.I.M. 6:30-7:30p (yogaHour style)	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 & nidra w/ Mandy 7-8:30p	6 No Classes
7 *HIIT with a Twist 2:30-3:30p w/ Stayce	8 *Yoga T.R.I.M. 6:30-7:30p (yogaHour style)	9 *YogaFaith Sunrise 6-7:00a *Chair Yoga 12-12:45p & 6-6:45p	10 *Yoga with Carol 5:30-7:00p *Stretching w/ Amanda at Hope Church 6:30-7:50p	11 *Yoga Beginners 5:30-6:30p *Yin Yoga 6:45-7:45p	12 *YogaFaith 12:30-1:30p *Yoga sleep & nidra w/ Mandy 7-8:30p	13 No Classes
14 *HIIT with a Twist w/ Stayce 2:30-3:45p	15 *Yoga T.R.I.M. 6:30-7:30p (yogaHour style)	16 *YogaFaith Sunrise 6-7:00a (Easter) *Chair Yoga 12-12:45p & 6-6:45p	17 *Yoga with Carol 5:30-7:00p *Stretching w/ Amanda at Hope Church 6:30-7:50p (free & childcare)	18 *Yoga Beginners 5:30-6:30p *Yin Yoga 6:45-7:45p	19 *YogaFaith 12:30-1:30p (Easter) *Yoga sleep & nidra w/ Mandy 7-8:30p	20 *HIIT with a Twist 8:00-9:15a *YogaFaith Kids/Mom & Me 9:30-10:00a (Easter special)
21 No Classes	22 *Yoga T.R.I.M. 6:30-7:30p (yogaHour style)	23 *YogaFaith Sunrise 6-7:00a *Chair Yoga 12-12:45p & 6-6:45p	24 *Yoga with Carol 5:30-7:00p *Stretching w/ Amanda at Hope Church 6:30-7:50p	25 *Yoga Beginners 5:30-6:30p *Yin Yoga 6:45-7:45p	26 *YogaFaith 12:30-1:30p *Yoga sleep & nidra w/ Mandy 7-8:30p	27 No Classes
28 *HIIT with a Twist w/ Stayce 2:30-3:45p	29 *Yoga T.R.I.M. 6:30-7:30p (yogaHour style)	30 *YogaFaith Sunrise 6-7:00a <b>*Yoga workshop: fine tuning w/ Patty Gorder 6-8 p.m.</b>	May 1 *Yoga with Carol 5:30-7:00p	May 2 *Yoga Beginners 5:30-6:30p	May 3 *YogaFaith 12:30-1:30p	May 4

NEW CLASSES MAY BE ADDED OR TIMES CHANGED...PLEASE VISIT WEBSITE  
[WWW.TRUEHEALINGMASSAGEGF.COM](http://WWW.TRUEHEALINGMASSAGEGF.COM) OR FACEBOOK PAGE EVENTS

# EVENTS

## Yoga Workshop: Fine Tuning with Patty Gorder

4/30/19 6:00-8:00 p.m.

**\$16 if you prepay or \$18 drop in. Call Amanda (THM owner) at 701-370-8438.**

This workshop will break down basic poses to fine tune the alignment, strength and mobility within each pose. Props, straps and blankets will be used to deepen each pose, find more length within the pose while building your awareness and knowledge of how each pose will affect the body.

Patty is the owner of Namaste Massage & Yoga Studio in Grafton, ND. Patty is an Experienced Registered Yoga Teacher and a Yoga Teacher Trainer. She is a yogaHour certified teacher, trainer and studio focusing on flow, form alignment based yoga.

### YogaFaith Kids (Easter)

#### Mom & Me Yoga

**Sat. 4/20/19 9:30-10:00 a.m.**

Kids ages 2 and up (under age 6 must have a parent present during class).

**Cost: Free will donation.**

(parent included if child is under age 6).

This class will have an Easter theme from the Bible with the story of Jesus' resurrection. We will go through postures (yoga poses) of prayer and praise while reviewing the resurrection story. Bring a mat for your child if you have one.

## 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:

\$10 per class or all 5 weeks for \$45. 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!

CORE workshops (for moms) w/ Stayce Kringstad.

For questions, to sign up, or purchase a gift card email Stayce at [stayce.coreelastic@gmail.com](mailto:stayce.coreelastic@gmail.com) [www.CoreElastic.fit](http://www.CoreElastic.fit)

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

Visit website for descriptions, prices & other information.

NEW CLASSES MAY BE ADDED OR TIMES CHANGED...PLEASE VISIT WEBSITE [WWW.TRUEHEALINGMASSAGEGF.COM](http://WWW.TRUEHEALINGMASSAGEGF.COM) OR FACEBOOK PAGE EVENTS

NEW CLASSES MAY BE ADDED OR TIMES CHANGED...PLEASE VISIT WEBSITE  
**[WWW.TRUEHEALINGMASSAGEGF.COM](http://WWW.TRUEHEALINGMASSAGEGF.COM)** OR FACEBOOK PAGE EVENTS