



Blacksburg, VA



## *Guest Teachers at In Balance Yoga*

### **ANATOMY COURSE WITH AKKE HULBURT & CHRIS POHOWSKY**

Special shout out to Akke & Chris for teaching anatomy at In Balance Yoga! We are learning a lot!

### **ASHTANGA VINYASA KRAMA WITH JEFF TIEBOUT**

Wednesdays, 2/10 & 3/16: 4:15 - 5:30 pm

### **MYSORE WITH JEFF TIEBOUT**

Friday, 2/12, 1:30 - 3:30 pm

*In the Mysore format, students can practice Ashtanga at their own pace with more individual attention from the teacher, which provides an opportunity to move into new postures when it's appropriate.*

*This class with Jeff is open for students to come and practice any sequence of asana they know, including the classic Ashtanga. Drop In Rate to attend anytime between 1:30 - 3:30 pm.*

## YOGA WITH JILL LOFTIS & ADJUSTMENTS BY STEVE FROM UTTARA

Tuesday, 2/16: 6 - 7:15 pm

## YOGA WITH ANNA PITTMAN

Tuesday, 2/23: 9:45 - 11:15 am, donations class, Stay tuned for theme. : )

## JIVAMUKTI YOGA WITH MARY BROWN

Wednesdays: 2/24 & 3/23: 4:15 - 5:30 pm

Sunday: 4/3: 4 - 5:30 pm

### ***Save the Date:***

***Laughter Yoga with Tod Whitehurst - TBD (Sunday, 2/28: 2:45 - 3:45 pm)***

***Cindy Lunsford (Barkan/Bikram, Yin, & Inversion/Arm Balance Workshops): March 12 - 13***

***Graham Schweig (Bhagavad Gita): May 21 - 22***

***Jivamukti Rockstar, Lisa Rapp, April 28 - 29 (Save the Date for a Master's Class & Vinyasa)***

***Jeff Tiebout (2nd Series of Ashtanga Yoga): May 22: 3:45 - 5:45 pm***

***All Love Class with Guest Teacher: Patrick Scott Zeigler: June 4 - 5 (Introduced to In Balance by Anna Pittman) \*More information coming soon.***

## *200 Hour Foundational Yoga Teacher Training at In Balance Yoga Great first two weekends of Yoga Teacher Training!*



Special thank you to our Yoga Teacher Training class for a wonderful first two weekends of training! Looking forward to seven more and having you practice tea at In Balance!



#practice ;)

## ***30 Day Challenge: 30 Classes in 30 Days*** *Start 2016 off on your mat!*



Try the 30 Day Challenge this New Year!

Start the year off right with 30 classes in 30 days for \$85.

Practice 30 classes in 30 straight days with us and feel the benefits of yoga in your life. In addition to the substantial physical and mental benefits, **those who complete a 30 Day Challenge will receive 25% off their next package or retail and 5 free class passes to give to friends** who are new to the studio. If you miss a day within your 30 day challenge, you can double up on another day that week to achieve the goal of 30 yoga classes in 30 days!

**When is the 30 Day Challenge?** You pick the 30 consecutive days that work best with your schedule and begin. We will have a chart posted outside the studio where you can check each session off for your 30 classes, in 30 straight days!!

***Congratulations to the following yogis who have completed:***

**Carol Eggleston**  
**Lynn Martin**  
**Taylor McGough**  
**Janet Krones**  
**Nicole Boyle**  
**Julia Olson**  
**Austin Diioia**



## CHECK IN @ In Balance Yoga 12 x = 1 FREE CLASS



To participate "check in" at In Balance Yoga on our Facebook page 12 times in 2016 and get one free class. Message us when you have checked in 12 x through Facebook, we will confirm the check-ins and add the class to your account.

## Free Community AcroJam & Partner Yoga Class (2/13)

Fridays, 2/5, 7:30 - 9:00 pm & Partner Yoga: Saturday, 2/13, 6 - 7:15 pm

In Balance Yogis, Eileen Van Aken and Arlie Hill will host an AcroJam this Friday, 2/5, beginning at 7:30 pm - fr and open to the community. No experience with acro or yoga needed. No teacher or planned class. It will be a safe space available for people to come together to play in a fun environment with heavy spotting.

Other Friday's TBD, check the webscheduler for schedule.

**Partner Yoga with Jennifer & Kean Ivey: Saturday, 2/13, 6:00 - 7:15 pm**  
**Drop - In Rate to attend, no partner or experience necessary! Just come and learn and have fun!**



## Community Hot Yoga & Vinyasa with Laura Collins - Donations benefiting Relief Efforts in Chennai

Fridays, 2/5 • 2 - 3 pm (Hot Yoga) and 2/19: 2 - 3 pm (Vinyasa)

Join In Balance Yogini, Laura Collins, in a community hot yoga class Friday, 2/5, from 2 - 3 pm and for a vinyasa class on Friday, 2/19, from 2 - 3 pm. All levels welcome.

Donations will benefit another In Balance Yogini, Chitra Ranganathan's hometown - Chennai. Chitra's hometown is suffering from severe flooding. We would like to host a donations class with all proceeds benefiting the relief efforts.



**20% off this Friday,  
February 5, 2016**

**PROMOCODE: FIRSTFRIDAYFEB**

*The first Friday of every month receive 20% off regular class packages for our First Friday's special. Call the studio from 4 - 7 pm or purchase online with promocode FIRSTFRIDAYFEB*



***An Innovative Chakra Experience led by Ivi Brenner & Andy Matzner at In Balance Yoga Studio***

*Saturday, February 6 • 12:30 - 2:30 pm, \$35 (Waiting List available)*



A unique workshop featuring: integrative energy work, aromatherapy, pranayama, and vibrational healing via a Singing Bowl sound bath.

Take a uniquely crafted restorative yoga journey through the 7 main chakras to start off the new year discovering inner joy, love and freedom. This special workshop will bring balance to your body, mind and spirit through aromatherapy, meditation, pranayama, Reiki and other integrative energy modalities tailored to each chakra. Immerse yourself in vibrational healing through a Singing Bowl bath of sound created by Andy Matzner for each pose. Props are provided to allow for maximum ease and effortlessness so that the body may release and open.

**This workshop is limited to 15 people.** Please wear comfortable clothing. No prior yoga experience is necessary. Please arrive minutes early so that we may start on time. So looking forward to sharing this delicious experience with you!

*Please contact Ivi Brenner for additional information at: 230-2641.*

***Gentle Pool Yoga @ the Blacksburg Aquatic Center***

*Thursdays, 2/11 & 2/25 • 2:00 - 3:00 pm, \$10*



Gentle Pool Yoga at the Blacksburg Aquatic Center twice a month. Open to all levels. Use the water as a prop to improve balance and joint and muscular challenges. \$10 to attend

***Introduction to the Patanjali Yoga Sutra with Lynn Theodose***

*Saturday, February 13 • 1:45 - 3:45 pm, \$20*





Please join Lynn Theodose for an introduction to the Yoga Sutra of Pantanja  
 Explore the original teachings of yoga through discussion, myth and mantra  
 Deepen your understanding of your practice and your self. \$20 per person

**Lynn will offer a second Yoga Sutra workshop on May 7, 1:45 - 3:45 pm**

**Also, save the date for:  
 Mantra for Protection: February 27**

**Adjustment Workshop: May 8**

### *Reduced Schedule on Sunday - 2/14/16*

Thank you for your support! Due to a special anatomy workshop on Sunday, 2/14, we will have a reduced schedule.

Sunday, 2/14 schedule:

*Vinyasa: 10 - 11:30 am*

*Hot Power Fusion: 4 - 5:30 pm*



### *Community Yoga with Mims*

*TBD*

Check our In Balance Yoga Facebook page or Webscheduler for more information on Mims' next community class offered at In Balance Yoga. Class will be offered during the month of February.



### *Paddleboard Yoga @ Christiansburg Aquatic Center*

*Sundays, 2/14, 3/20, & 4/10: 2:30 - 3:15 pm, \$20*



In Balance Yoga & Mountain 2 Island Paddleboard Company team up at the Christiansburg Aquatic Center this winter. Join us on Sundays: **2/14, 3/20 & 4/10.**

**Intro to Stand Up Paddleboarding: 1:30 - 2:15 pm, \$15**

**Paddleboard Yoga: 2:30 - 3:15 pm, \$20**

**Paddleboard Yoga** is a variation of stand up paddleboarding (SUP), combined with yoga. SUP Yoga participants gain the strength and flexibility required to maintain the balance ar postures on water. Enjoy a fun, lighthearted way to engage and strengthen core muscles and improve balance this winter while participating in SUP yoga inside the comforts of the Aquatic Center pool. No experience needed. Limited to 6 - 8 per class. Minimum age: 1

Contact the Christiansburg Aquatic Center to Register: 540.381.7665  
595 N Franklin St., Christiansburg

### *NEW: Thursday, 1:30 - 2:30 pm Level 1 Yoga every other Thursday with Janet*

*Beginning Feb 18 every other week at In Balance Yoga alternating with Gentle Pool Yoga*

New Class for Beginners and any level beginning Thursday, February 18th with Janet Krones.

Level 1 Yoga will be offered every other Thursday at In Balance yoga from 1:30 - 2:30 pm focusing on the fundamentals of yoga.



### *Beginner CONTACT IMPROV with Barbara Tait*

*Friday, 2/19: 7:30 -9:30 pm*



#### ***What is Contact Improv?***

Contact Improv (CI) is a movement practice in which points of physical contact provide a starting point for explorations with a partner or partners was developed in America in the 1970s, and has been evolving in varied direction since then. In this beginner class, Barbara Tait will lead participants through some basic tools for practicing Contact Improvisation, including falling, rolling a point of contact, weight exchange, counter balance, and physical listening. To practice CI is to practice mindfulness/living in the moment, compromise with others, and allowing yourself to be a vessel for something larger. Many practitioners have found CI principles to be use in other contexts such as social dancing, mountain biking, and jaywalking.

You need not have any experience with Contact Improvisation or any other dance or movement form in order to attend this class.

**Cost:** FREE, donations accepted (\$5-\$10 suggested)

### *Community Flow & Pilates to Benefit KOMEN*

*Saturday, 2/20 • 12:30 - 1:30 pm, All Proceeds: Race for the Cure*



Jennifer (an In Balance yogini) is a breast cancer survivor and STOTT Pilates certified mat and reformer instructor at Blacksburg Pilates and Fitness Studio. She is raising money for the Susan G Komen Race for the Cure 10k in Roanoke on April 9. Following her breast cancer treatment, she decided to leave her job as a medical sales rep and pursue a part time career in fitness. Pilates and yoga were both an important part of her recovery from surgery and chemotherapy.

The class will begin with a brief intro to the five basic principles of STOTT pilates to prepare everyone for a series of mat-based pilates exercises "STOTT PILATES exercises are designed to restore the natural curves of the spine and rebalance the muscles around the joints. This involves placing more emphasis on pelvic and scapular stabilization, and integration of all the parts of the body into one. As well, preparatory exercises and modifications allow the technique to be appropriate for many different body types and abilities, making it applicable to sport-specific training and everyday life." The second portion of the class will be a flow taught by Jennifer's neighbor and In Balance Yoga teacher, Nicole Boyle. Hope you can join us for a great cause and feel great, too!

### *YOGA BASICS WORKSHOP WITH KIM PUGH*

*Saturday, 2/20 • 2 - 3:45 pm*



A slow, detailed class for beginners and anyone who wants to 'fine tune' their practice. Come learn the fundamentals in a safe and fun environment!

### *Meditation Journey with Nicky Aymes*

*Thursdays, 2/25, & 3/31, 12 - 1:00 pm, \$10*



**February 25: Lotus Flower - Path to Enlightenment**  
**March 31: Creating Self Confidence**

*Connecting to your Soul through meditation is where true healing happens.....During this 1 hour class you will be guided through a soul connecting meditation, positioned in Savasana, and with the help of crystals, aromatherapy & sound your mind will become still so you can go deep within and heal on both a spiritual & physical level. There will be time after the meditation to share your journey and receive some answers to what you experienced from Nicky.*

**\$10 per person**

### *Glade Road Growing: Gardening 101 @ In Balance Yoga*

*Sunday, 4/10 • 8:15 - 9:30 am*





We asked Glade Road Growing if they would be willing to teach us Gardening 101 this Spring to help us plant our gardens and they graciously accepted! JP will join on Sunday, April 10, 8:15 - 9:30 am.

we will prepare!

Save the Date and if you have any specific gardening questions - let us know and

### *Students Helping Honduras Fundraiser*

*March 15 & May 5 • 9 - 10 pm*



2 Hot Yoga fundraiser nights this semester for Students Helping Honduras! March 15th and May 5th! All proceeds benefit this VT Student Organization and their cause! Hope you can join us!

### *Give the Gift of Yoga*

**GIVE THE GIFT OF HEALTH**

**GIFT CARDS AVAILABLE**

**CLASSES OR RETAIL**

*IN BALANCE YOGA*

*Semester Pass (4 months of unlimited yoga)*

\$300 for students (\$75 per month) and \$350 non-students (\$87.50 per month)

**WEBSCHEDULER**

Check the webscheduler for our up-to-date schedule each day and to pre-register for class or use the app - Mindbody Connect.

#### **OTHER NEWS**

**SEMESTER PASS (4 months unlimited yoga):** \$300 for students (\$75 per month) and \$350 non-students (\$87.50 per month)

**Give the Gift of Wellness, GIFT CARDS** Available Online or at the Front Desk for any amount.

**PRIVATE LESSONS** for **INDIVIDUALS** or **GROUP** Classes available. **Call or email the studio to schedule.**

**CORPORATE MEMBERSHIPS** available. Call the studio for more information.

**PARKING:** We validate parking at Kent Square for two hours when you practice at the studio. Bring your ticket and show the front desk and receive two Kent Square ticket vouchers.

**QUESTIONS** about which class is for you? **Please contact us via email at [inbalanceyogastudio@gmail.com](mailto:inbalanceyogastudio@gmail.com) or 540.961.1030**

#### *Parking Reminder*



Parking Reminder for all Yogis: the parking located behind In Balance Yoga is for Clay County tenants. Please only park in the three labeled In Balance Yoga spaces. Other parking available: Corner of Clay and Church St., the Town of Blacksburg building after 5 pm or on the weekends or clients can validate parking in the parking garage at Starbucks at Kent Square through In Balance. Bring your ticket and show the front desk and receive two Kent Square ticket vouchers. Thank you for understanding!

*Grateful for Our Community!*



*Hope to practice with you soon! Thank You For Your Continued Support!*

*If you have any questions, please let us know.*

**Namaste!**



*About Us  
Classes/Rates  
Schedule*

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Yoga Teacher Training  
Private Sessions*

*Corporate  
Events  
Contact*

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