



Blacksburg, VA



NYC LAUGHING LOTUS TRAINED GUEST TEACHER, ASHELY BELL, VINYASA WORKSHOP - **THIS SAT! Special Student/Teacher Rate - \$25 for 2 1/2 Workshop

Saturday, 11/7 • 12:00 - 2:30 pm



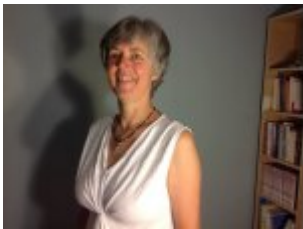
Powerful flowing vinyasa with great music!

In this 2.5 hour workshop we will use the humorous and timeless myths of two legendary sages to inspire a rhythmic and playful Lotus-Inspired Flow sequence, incorporating interesting side plank variations that build to Visvamisrasana. This complex pose is accessible to all levels with modifications and non-attachment to the end product.

Investment: \$30 (**\$25 Students/Teachers**)

We are excited to host this Southwest Virginia native!

Excited for a new guest teacher to come to In Balance Yoga from our community! Welcome Akke Hulburt from Akke's Yoga Place!



Save the Date for Friday, 12/11, 2 - 3:30 pm for Yoga with Akke, a level 1/2 class. This will be a free community class, open to all levels. We also are planning an Anatomy Workshop with Akke in early 2016 at In Balance Yoga.

We look forward to practicing with you! Thank you, Akke!

AcroJam

Friday, November 6, 7:30 - 9:00 pm



In Balance Yogis, Eileen Van Aken and Arlie Hill will host an AcroJam this Friday, 11/6, beginning at 7:30 pm - free 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.

3rd ANNUAL FALL OPEN HOUSE, LIVE MUSIC & FOOD, FREE YOGA

Wednesday, November 11 • 5:30 - 8:00 pm



Save the Date for our third annual fall open house, **Wednesday, 11/11, 5:30 - 8:00 pm.** Join the In Balance Yoga team for live music by Jeff Owens, chili, cider & building community at the studio! Please stop by anytime so we can get to know you better on and off your mat!

*Free class for attending!

JIVAMUKTI YOGA WITH MARY BROWN

11/11 & 12/9: 4:15 - 5:30 pm



Welcome back, Mary! You can expect a challenging, restorative, breath led practice steeped in bhakti, music, and yogic philosophy.

Jill Loftis from Uttara Yoga Studio @ In Balance Yoga

Friday • 11/13, 4:15 - 5:30 pm & Wednesday, 12/30, 4:15 - 5:30 pm



Save the Date for both Friday, 11/13 and Wednesday, 12/30: 4:15 - 5:30 pm for a level 2/3 class with a dharma talk at the beginning by Jill Loftis, Instructor & Founder of Uttara Yoga Studio in Roanoke, VA. Adjustments and hands-on-assits by Steve Hetherington from Uttara Yoga Studio. We look forward to practicing with you!

Kids Yoga with Leia and Mims



SAVE THE DATE:
November 14
December 12

12:00 - 1:00 pm
Ages 5 - 10
\$10 per little yogi

ASHTANGA VINYASA KRAMA w/ JEFF TIEBOUT

11/18, & 12/16: 4:15 - 5:30 pm



The traditional asana flow of Ashtanga can be seen as a way of organizing all the hundreds of asanas into a workable whole. The Ashtanga sequences give us a blueprint of how to organize Asana so we can intelligently move through the various families and groups of Asana and integrate them into a workable practice. In our class we'll bring in other Asana from the families of Asana into the flow of Ashtanga's primary series. By doing this we can explore Asana with in the wisdom of Ashtanga Vinyasa practice. Welcome back, Jeff!

Gentle Pool Yoga

Thursday, 11/19, 12/3 & 12/17 • 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.

Chakra Breathing with ANNA PITTMAN

11/19 and 12/17: 9:45 - 11:15 am



Anna's next session at In Balance Yoga she will be offering Chakra Breathing. Thank you for providing such a special and safe space, Anna! Welcome back!

Dharma Yoga + 800 RYT DHARMA GUEST TEACHERS

11/25 & 12/23: 4:15 - 5:30 pm and 11/22: 10 - 11:30 am (Level 1/2), 12 - 1:30 pm (Level 3/4)



Nicole will teach Dharma Vinyasa 11/25 and 12/23 - 4:15 - 5:30 pm.

Guest teacher, Justin Blazejewski, 800 RYT will teach two classes on Sunday, 11/22: 10 - 11:30 am (Level 1/2), 12 - 1:30 pm (Level 3/4). We are so honored to have you visit our studio.

Yogi Hanuman “Justin Blazejewski” began practicing yoga to help with a back injury he received while serving in the Marine Corps. He quickly realized the physical benefits of yoga when his back pain disappeared completely. Justin dove into a daily yoga practice for a few months then attended a yoga/kirtan retreat to Bali with Alanna Kaivalya and Dave Stringer that was the turning point in his spiritual practice. Soon after Justin found his guru Sri Dharma Mittra and immediately enrolled in the "DMY Life of a Yogi" teacher training in NYC to deepen his practice. Justin is a RTY-500 and 800 hour certified Dharma Mittra Yoga teacher and is grateful to teach in the spirit of his guru.

After 5 years of teaching yoga Justin found an unexpected playfulness and personal healing in AcroYoga. After several immersions Justin attended the Acro Yoga Teacher Training program in Australia where he earned his Acro Yoga Teaching certification. He now hopes to spread and cultivate the playful and therapeutic aspects Acro Yoga to everyone.

After 5 years of teaching yoga Justin found an unexpected playfulness and personal healing in his practice. Justin's classes consist of the Dharma's or Acro Yoga asana sequences, acrobatic, therapeutics, Thai massage, pranayama, meditation, and Yoga Nidra. Justin strives to embody the humble energy of his teacher Sri Dharma and share playfulness, healing, love and light through all his teachings. He also hopes to spread and cultivate the playful and

therapeutic aspects Yoga to the military and veteran community

Barkan Level II 5 Vinyasa: Hot Yoga 2 with Nicole Boyle

Tuesdays, 4:15 - 5:30 pm



Hot Yoga 2 is Jimmy Barkan's Level 2 Hot Yoga class including his 5 vinyasa sequences and then moving into a static Hot Yoga practice with both standing and floor postures. Room is heated to 90/95 with 20/30% humidity (not as hot as hot yoga). Modifications are made. All levels welcome!

LED Primary Series with Lynn Theodose

12/2: 4:15 - 5:30 pm



Lynn will lead us through a traditional LED Primary Series of Ashtanga Yoga.

Learn the fundamentals of the Ashtanga yoga practice in a slow, safe and comprehensive manner. Learn Sun Salutations and the fundamental standing asanas, seated postures, breathing techniques, and philosophy of the Ashtanga yoga system through Lynn and her teacher's influence, Bhavani.

INTRODUCTION TO ASHTANGA YOGA'S SECOND SERIES WITH JEFF TIEBOUT

December 5 • 12:00 - 3:00 pm



"Yoga belongs to humanity as a whole. It is not the property of any one group or any one individual, but can be followed by any and all, in any corner of the globe, regardless of class, creed or religion"

SHRI K. PATTABHI JOIS, YOGA MALA 1962

In this class we'll discuss 2nd series and its relationship to 1st series and how it was traditionally taught. What some of its prerequisites are and different views on how it should be taught. We'll also touch on the effects of second, back bending in particular, and go over some basic alignment principles and adaptations. As an introduction to 2nd we will discuss how to safely and joyfully integrate

it with 1st series.

Format: The first hour will be discussion, followed by a two hour practice. Price: Teachers/Students: \$25, Regular Price: \$30

*20% off on First Friday
of the Month:
November 6, 2015*

PROMOCODE: FIRSTFRIDAYNOV

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: FIRSTFRIDAYNOV

Karma Yoga: Free Community & Donation Classes

FREE Community Vinyasa Class for Syrian Refugees, Saturday, November 14, 6:00 - 7:15 pm with Leia

Donations vinyasa class: All donations will go to Syrian Refugees. Thank you, Leia.

Chakra Breathing with Anna Pittman, Thursday, November 19 and December 17, 9:45 - 11:15 am, Donations

FREE Open Vinyasa Practice with Janet, Friday, 12/4, 2:00 - 3:30 pm

Janet would love to help facilitate a group self-practice at In Balance Yoga on Friday, 12/4 from 2 - 3:30 pm. Join Janet for a 60 minute self-practice and then 30 minutes of group play.

FREE Community 108 Sun Salutations to Welcome Winter, Monday, 12/21, 7:45 pm

Beginner CONTACT IMPROV with Barbara Tait and Rachel Rugh, FREE, donations accepted.

Friday, November 20 from 7:30-9:30 pm

Friday, December 11 from 7:30-9:30 pm

Other Community & Donations Classes TBD, Like us On Facebook and Check the Webscheduler for more information on upcoming classes.

WEBSCHEDULER

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

BIKRAM HOT YOGA 26&2 WITH BEA

Monday, 11/16, 6:00 - 7:30 pm & 1/30, 10 - 11:30 am



My name is Beatriz Gutierrez and I originally come from the Canary Islands of Spain. I have been practicing yoga for over fifteen years. After finishing my degree in agricultural engineering and working in that field for a couple of years I traveled to the northeast of Scotland and lived for five years in an Ecovillage and Spiritual Community called Findhorn where I apprenticed as a potter. I found meaning, vocation and learned about sustainable living and meditation.

Being a potter requires many hours sitting and that's why I maintain the discipline of my yoga practice, also it helps me to deepen in my creativity.

I intend to teach and practice my yoga with the same devotion and dedication that I put into my ceramic craft. My pots and my yoga teachings intend the same thing: I want to inspire those around me in a

positive way. To help raise consciousness, awareness, love and compassion.

The BYC Sampler - A Fundraiser for Blacksburg Yoga Collective, 12/19



The \$\$\$ collected from this Yoga Offering will go to purchasing much needed supplies. CASH DONATION: \$20
All other classes on the IBY schedule will be canceled this day to raise as much money as we can for BYC.

Join us for a 2 hour BYC Yoga Offering split into three distinct sections led by three different BYC Creative Team Leads. Erin Ross will begin with an Ashtanga inspired Vinyasa Flow. Then Kacy McAllister leads us down the rabbit hole with an Introduction to Kundalini Yoga. Janet Kronos will finish with a gentle Hatha practice based in the Kripalu tradition.

Find Erin's, Kacy's and Janet's biographies [HERE](https://blacksburgyogacollective.wordpress.com/our-teachers/)
<https://blacksburgyogacollective.wordpress.com/our-teachers/>

Mission of the BYC

The mission of the Blacksburg Yoga Collective is to provide an open space for our community members to gather and share breath and body movement work. We are a traveling yoga collective and our group comprises an eclectic mix of creative, passionate yogis committed to providing thoughtful, inspired and *affordable* yoga offerings in Blacksburg. We are not a business so we happily welcome EVERYONE into our regular yoga offerings regardless of financial situation. This is made possible by the ongoing generosity and support of In Balance Yoga, Woolwine Arts @ Progress Street, Glade Road Growing Farm, XYZ Student Art Gallery, Hillel at Virginia Tech and other organizations.

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

PRIVATE INDIVIDUAL & GROUP Classes & 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 or 540.961.1030

200 Hour Foundational Yoga Teacher Training at In Balance Yoga

January 2016



In Balance Yoga will offer a Yoga Teacher Training, Foundational 200 Hour course beginning in January 2016.

Our 9 weekends of training for 2016 are:

Jan 9/10
Jan 30/31
February 13/14
Feb 27/28
March 12/13
April 2/3

May 7/8
May 21/22
June 18/19 ** Graduation

Guest teachers include: Lynn Theodose (Sutras, Sanskrit & Ashtanga), Chris Pohowski & Akke Hulburt (Anatomy), Brittanie DeChino (Dharma Mentor), Cindy Lunsford (Barkan Mentor) & Graham Schweig (Philosophy and his translation of the Bhagavad Gita) and others.

Applications are being accepted. For more information and to download the application visit our website and click on Yoga Teacher Training. We are really excited to host our first 200 Hour and how everything is coming together!

Namaste! #lifelongjourney

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

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



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TEL: [+1.540.961.1030](tel:+15409611030) EMAIL: inbalanceyogastudio@gmail.com



In Balance Yoga Studio • 401 South Main Street • Blacksburg, VA 24060

<http://www.inbalanceyogastudio.com>

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