

**Happy 2015! Make this your healthiest year yet!**

**Jivamukti Yoga Returns to Blacksburg with Lisa Asha Rapp, January 12th, 6:00 – 8:00 pm**



**I promise you from taking her workshop the last time she taught at our studio – worth every cent! If you love vinyasa, you don't want to miss it! Come learn and have fun with us this Monday from 6:00 – 8:00 pm!**

In Lisa's class you will find emphasis on strength and breath to cultivate the spiritual warrior within as well as a hip hop vibe drawing from her old Brooklyn roots.

\$35 – One Night Only! Sign up in advance.

**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 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 at the studio where you can check each session off for your 30 classes, in 30 straight days!!

## **Pose of the Week**

Starting Monday, January 12th, we will begin a Pose of the Week series: posting a picture of a pose and its benefits.

To participate in our Pose of the Week, post a picture in the pose and tag In Balance either on our Facebook page and/or our Instagram page @inbalanceyogablacksburg.

One yogi from Facebook and Instagram will be chosen each week and receive free classes or retail. Help us share the love of yoga and our community at In Balance Yoga.

## **Free Karma Yoga Classes in service of Sri Dharma Mittra**

Join us for our Dharma Yoga Series

Open to all levels, variations and modifications included. The Dharma series includes asana, deep relaxation, pranayama and meditation. \*Note a few class times have changed.

Jan 10: 7:15 – 8:30 pm  
Jan 16: 1:15 – 2:30 pm  
Jan 23: 2:00 – 3:15 pm  
Jan 26: 6:30 – 7:30 am  
Jan 27: 9:00 – 10:00 pm  
Jan 30: 2:00 – 3:15 pm  
Jan 31: 7:15 – 8:30 pm

Feb 2: 6:30 – 7:30 am  
Feb 10: 9:00 – 10:00 pm  
Feb 13: 2:00 – 3:15 pm  
Feb 16: 6:30 – 7:30 am  
Feb 17: 9:00 – 10:00 pm  
Feb 20: 2:00 – 3:15 pm  
Feb 21: 8:00 – 9:15 pm

Be Receptive.

We are offering a 30 Day Challenge Special of 30 days for \$85.

To sign up: Buy your package online or at the front desk, write your name on the chart and practice!

## Juices are IN!



In Balance Yogi, Art Ford, will have his juice to try at the studio beginning this Friday, January 9<sup>th</sup>. 12 oz for \$5. Limited quantity available, first come first serve. We will have a box at the studio for you to return his glass containers for reuse.

*Try a few of Art's Juice Recipes at home:*

**Morning Blend: Tangerine/Grapefruit/Coconut**

**Veggie Splash: Carrot/Apple/Pear/Spinach/Ginger**

**Blood Cleanser: Kale/Spinach/Beet/Apple/Lime**

**Tropical Impression: Pineapple/Apple/Pear/Coconut**

## Meet Kim Picklap - Our In Balance Yoga Teacher



Each month we will highlight a different In Balance Yoga teacher so you can learn more about us and our IBY team.

Tell us about your first yoga experience?

I THINK IT WAS A YOGA CLASS AT VIRGINIA TECH MY FIRST YEAR OF COLLEGE. I REMEMBER ENJOYING IT, BUT BEING CONFUSED BY SHOULDER STAND. I'VE BEEN DRAWN TO YOGA SINCE I WAS A KID - ALWAYS WANTING TO TRY IT, BUT NEVER HAVING THE OPPORTUNITY TO. IT WASN'T UNTIL I MOVED TO DC AND LIVED ABOVE A YOGA STUDIO THAT I BEGAN TO PRACTICE REGULARLY. I CLEANED IN EXCHANGE FOR ALL MY CLASSES THERE.

What is it that you hope to share to your students? What can students expect when they walk in the door to your class?

I AM A GUIDE FOR PEOPLE'S PRACTICE. MY STUDENTS CAN EXPECT A CHALLENGING VINYASA-FLOW CLASS, WITH OPPORTUNITY TO LISTEN TO THEMSELVES. IT IS A PLACE TO FIND A LITTLE PEACE AND QUIET FROM YOUR DAY. IT IS SOMETIMES A PLACE TO FIND CONFIDENCE, AND SOMETIMES A PLACE TO BE HUMBLLED, AND ALWAYS A PLACE TO BE WITH YOURSELF. I EXPECT MY STUDENTS TO RESPECT THEMSELVES AND UTILIZE ME AS A TOOL TO HELP THEIR FOCUS - LIKE THE BREATH. AND IN RETURN, WHEN I HAVE A CLASS FULL OF YOGIS WHO ARE IN THEIR OWN PRACTICE, I RECEIVE THEIR ENERGY AND SUPPORT.

We want to learn more about you. What would your perfect day look like?

WELL, IT HAS TO START BY DRINKING A LATTE WITH A LOVED ONE, OUTSIDE IN A SUNNY GARDEN WITH MY DOG BEING SHOCKINGLY WELL BEHAVED AND LOUNGING NEXT TO ME. THEN A HIKE THROUGH THE WOODS - THROUGH VIRGINIA'S MOUNTAINS, WHICH ALWAYS REFRESHES MY SOUL. A LITTLE YOGA AFTERWORDS, PROBABLY IN AN OPEN AIR STUDIO, AND THEN AN EVENING WITH FRIENDS. SOMETHING CASUAL - THROWING CERAMICS WITH OTHER POTTERS I ENJOY AND CHATTING, OR HAVING A DRINK ON A PORCH.

What is your favorite quote?

ALWAYS SPOIL EACH OTHER.

What inspires your teaching style?

MY STYLE IS A PATCHWORK OF TEACHERS I'VE MET AND ENJOYED THROUGH THE YEARS - I'VE TAKEN POSTURES AND FLOWS AND CONCEPTS AND RE-INTERPRETED THEM AS MY OWN. THE ONLY WAY TO FOCUS MY MIND IS THROUGH MEDITATIVE MOVEMENT OF THE BODY, AND SO YOU'LL FIND THE ELEMENT OF FLOW IN MY CLASS.

Where is your favorite place to practice yoga?

ANYWHERE THAT EVERYONE IS ON THEIR OWN MAT, AND MY MIND IS WITH MYSELF.

How has practicing yoga transformed your own life?

YOGA IS MY RECHARGE BUTTON, AND I'M SURE I'D BE A FRENZIED MESS WITHOUT IT.

What is your favorite music to listen to while practicing?

SOMETHING THAT MOVES FORWARD, WITH A STEADY BEAT. I TEND TO GO THROUGH PHASES - FLEET FOXES, FLORENCE & THE MACHINE, LANA DEL RAY....

What is your favorite aspect of teaching?

TEACHING IS A MEDITATION TO ME, IN WHICH I GET TO FOCUS ON MY STUDENTS. THERE IS SOMETHING THAT I GET FROM MY STUDENTS THAT I DON'T HAVE A WORD FOR - SOME TYPE OF ENERGY - WHICH I LOVE.

## **Dance Workshop – Introduction to Contact Improvisation, Saturday, January 17, from 12:00-3:00 p.m.**



**\*Save the Date also for 2/28, 3/28 & 4/11**

*\$15-20 suggested donation, No experience necessary!*

Contact Improv (CI) is a movement practice in which points of physical contact provide a starting point for explorations with a partner or partners. It was developed in America in the 1970s, and has been evolving in varied directions since then. In this introductory workshop, participants will learn some basic tools for practicing Contact Improvisation, including falling, rolling a point of contact, weight exchange, counter balance, and physical listening.

To pre-register, or for more information, email us at [Bburg.Dance.Net@gmail.com](mailto:Bburg.Dance.Net@gmail.com).  
Registration encouraged but not required.

### **Comments from our December Workshop:**

*"I loved the exploratory spaciousness of the experience as well as the guided exercises that gave us a springboard to dive into the movement play."*

*"[I liked] the cooperative atmosphere and welcoming attitude toward people of all abilities and skill levels."  
"Great Group, Great Venue, Great Set of Activities and an excellent team of instructors working to guide us towards a better understanding of the art."*

**BOOTCAMP with Essie Jackson Sat., 1/31 from 12 – 1 pm, \$10**

**Our first BootCamp with Essie was a huge success. Cardio on fire! Space is limited to 22. Sign up ahead of time to reserve your space.**

Peak Strength & Conditioning BOOTCAMP classes are a total body strength & conditioning workout set in a progressive format of small group personal training and lead by the industries top certified trainers. In each Bootcamp class, PSC trainers implement their extensive knowledge in kinesiology (human movement), anatomy, and physiology which enables them to teach proper technique and to modify to every level of fitness and ability. Whether you are brand new to exercise, nursing an injury, a regular exerciser looking for a supportive and safe training environment, or an avid athlete working to reach at the top of their game, PSC's nationally certified instructor lead classes are sure to meet your expectations.

**Save the Date:**

A workshop with Leia Jones on Saturday, March 15th. More information to come.  
Welcome Spring with 108 Sun Salutations on Monday, March 23rd at 7:45 pm.

**First Friday's**

Join us the first Friday of every month for our First Friday's - 20% off regular class packages. Stop by the studio from 4 - 7 pm or call anytime - 961.1030.

**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**

**Parking!** We are working on a plan to validate parking at Kent Square in 2015.

***Hope to practice with you soon! Thank You For Your Continued Support! If you have any questions, please let us know.***

**NAMASTE!**

**540.961.1030**

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