



# Root to Bloom Studio Schedule, Classes, & Pricing August 2017

<b>AUGUST</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
		<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>	<b>5th</b>
		9-10am - Beginning Yoga (Abby) 3:45-5pm - Yin (Jen)	4:00-5:00pm - Yoga for Sanity (Abby) 5:30-6:30pm - Flow (Abby)	9:00-10:15am - Gentle Flow (Pam) 3:45-5:00pm - Flow Yoga (Stacey)		8-9:15am - <b>NO MORNING FLOW CLASS</b> 8:00pm - Women's Circle (Kate)
<b>6th</b>	<b>7th</b>	<b>8th</b>	<b>9th</b>	<b>10th</b>	<b>11th</b>	<b>12th</b>
9-10:15am - Yin Yoga & Meditation (Jen) 5-9:30pm - Hiking Yoga (Abby)		9-10am - Beginning Yoga (Stacey) 3:45-5pm - Flow (Stacey)	4:00-5:00pm - Yoga for Sanity (Abby) 5:30-6:30pm - Flow (Abby)	9:00-10:15am - Gentle Flow (Pam) 3:45-5:00pm - Flow Yoga (Stacey)		8-9:15am - <b>NO MORNING FLOW CLASS</b>
<b>13th</b>	<b>14th</b>	<b>15th</b>	<b>16th</b>	<b>17th</b>	<b>18th</b>	<b>19th</b>
9-10:15am - Yin Yoga & Meditation (Stacey)		9-10am - Beginning Yoga (Stacey) 3:45-5pm - Flow (Stacey)	4:00-5:00pm - Yoga for Sanity (Abby) 5:30-6:30pm - Flow (Abby)	9:00-10:15am - Gentle Flow (Pam) 3:45-5:00pm - Flow Yoga (Stacey)		8-9:15am - FlowYoga (Abby)
<b>20th</b>	<b>21st</b>	<b>22nd</b>	<b>23rd</b>	<b>24th</b>	<b>25th</b>	<b>26th</b>
9-10:15am - Yin Yoga & Meditation (Jen)		9-10am - Beginning Yoga (Stacey) 3:45-5pm - Flow (Stacey)	4:00-5:00pm - Yoga for Sanity (Abby) 5:30-6:30pm - Flow (Abby)	9:00-10:15am - Gentle Flow (Pam) 3:45-5:00pm - Flow Yoga (Stacey) 5:30-6:30pm - Live Music and Yoga (Abby & Zack)		8-9:15am - FlowYoga (Abby)
<b>27th</b>	<b>28th</b>	<b>29th</b>	<b>30th</b>	<b>31st</b>	<b>Sept. 1st</b>	<b>Sept. 2nd</b>
9-10:15am - Yin Yoga & Meditation (Stacey)		9-10am - Beginning Yoga (Stacey) 3:45-5pm - Flow (Stacey)	4:00-5:00pm - Yoga for Sanity (Abby) 5:30-6:30pm - Flow (Abby)	9:00-10:15am - Gentle Flow (Pam) 3:45-5:00pm - Flow Yoga (Stacey)		8-9:15am - FlowYoga (Abby)

Gift Certificates are available. Please contact Stacey at: [stacey@rootedbystacey.com](mailto:stacey@rootedbystacey.com)  
Please pay in cash or check at the studio. Checks should be made out to **Rooted by Stacey**

**Class Descriptions and Studio Information is on the Back** ➡

## Classes

**Beginning Yoga** - It is never too late to begin. Yoga is a benevolent discipline. Its gifts abound. In these sessions, we will practice the basic principles of the poses, of breathing, of movement and stillness, with careful attention and good humor. Grow in strength and flexibility, on every level. Experience, and enjoy, yourself.

**Earth Yoga**- This practice infuses the specific movements, postures and sequences that bring you into more core-generated alignment using Core Strength Vinyasa sequences with the rhythms, patterns and lessons from our natural world. Enjoy connect with the earth, wind, water, fire, moon and sun through your breath and movement.

**Flow** – This yoga flow class is for all levels from the beginner to the advanced yogi. Class will include sun salutations, standing and seated postures, balance and meditation. Leave feeling refreshed and centered.

**Gentle Flow** - A slower, more gentler practice which is perfect for the beginner yogi and for those wanting lighter, calming movements connected to breath. Includes breathwork and grounding, light stretching, a gentle movement practice and meditation.

**Hiking Yoga** - Join Abby for an outdoor hiking and yoga experience that you will never forget in the White Mountains of New Hampshire. On this Hiking Yoga trip, we will ascend 2 – 3 miles up the trail, stopping along the way to encourage mindfulness and meditation. Once reaching the summit, as the sun sets and the full moon rises, we will flow through a yoga practice before our descent through the quieting and settling of the night time forest. Please contact Abby for more information about this amazing event!!!

**Live Music and Yoga** – Integrating the beautiful sounds and rhythms of music with a fun, playful yoga flow practice and a longer savasana, this monthly experience is not one to be missed!! Just \$15 – pay at the door or register with Abby or Stacey

**Women's Circle** - Join us for our Monthly Women's Circle the Friday after each New Moon. Kate will be leading us through a discussion of the new moon energy, astrology and guided meditation. Women's Circles are from 7:00 - 8:30pm. Donations accepted!!

**Yoga for Sanity** - Discover the power of your breath! This playful class combines flow yoga and restorative yoga into one. Start with breath awareness, evolve into a mindful asana practice and end with a meditation. Learn effective tools for stress, anxiety, insomnia, emotional and mood imbalances, addictive tendencies and other hardships. Just looking to do some yoga? This class is great for that, too. Leave feeling empowered, informed and grateful.

**Yin Yoga & Meditation** – We will explore the major meridian lines in the body as we hold deep Yin poses to connect in with our bones, connective tissue and fascia. Each class will also include meditation as the Yin style is slower, meditative practice. Great for beginners and those needing to work out the kinks in achy joints. Start off your week right with Yin and Meditation!!

### **Information about our Classes and Workshops**

- Arrive 10 – 15 minutes prior to the start of class to sign paperwork and get settled into the studio space.
- If you must be late, please enter the studio quietly, find your space, and warm up your body appropriately to join into the practice. If you have to leave early, please inform your teacher before class. If you are brand new to the studio, you must arrive 10-15 minutes early to sign all appropriate paperwork. You can not practice if you arrive late.
- Do not wear outdoor shoes in the studio. You won't need shoes at all for yoga, and if you are taking a fitness class, please bring a spare pair of indoor fitness shoes for the class.
- Practice yoga on an empty stomach and come hydrated.
- Notify your teacher if you have any injuries or illnesses that they should be aware of.
- Turn off all cell phones and mobile devices and leave them outside of the studio or in the studio's gear closet.
- Props are available for your use but you may want to consider purchasing your own yoga mat if you will be practicing regularly. Your yoga mat is your own personal sacred space – it's a good idea to have your own.
- Lastly, have fun, practice safely, be present. **Namaste.**