



Root to Bloom Studio Schedule, Classes, & Pricing October 2017

OCTOBER						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1st	2nd	3rd	4th	5th	6th	7th
9-10:15am - Yin Yoga & Meditation (Jen)	3:45-5:00pm - Yin Yoga (Jen)	9-10am - Beginning Yoga (Stacey) 3:45-5pm-Flow (Stacey) 5:30-6:30pm - YoFit (Carrie)	4:00-5:00pm - Yoga for Sanity (Abby) 5:30-6:30pm-Flow (Abby)	3:45-5:00pm - Flow Yoga (Ashley)	3:00-4:00pm - Yoga for Sanity (Abby) 5:00 6:00pm-Flow (Abby)	8-9:15am - FlowYoga (Abby)
8th	9th	10th	11th	12th	13th	14th
9-10:15am - Yin Yoga & Meditation (Abby)	3:45-5:00pm - Yin Yoga (Jen)	9-10am - Beginning Yoga (Ashley) 3:45-5pm-NO CLASS THIS WEEK 5:30-6:30pm - YoFit (Carrie)	4:00-5:00pm - Yoga for Sanity (Abby) 5:30-6:30pm-Flow (Abby)	3:45-5:00pm - Flow Yoga (Ashley)	3:00-4:00pm - Yoga for Sanity (Abby) 5:00 6:00pm-Flow (Abby)	8-9:15am - FlowYoga (Abby)
15th	16th	17th	18th	19th	20th	21st
9-10:15am - Yin Yoga & Meditation (Stacey)	8:00-9:00am - Vinyasa Flow (Ashley) 3:45-5:00pm - Yin Yoga (Jen)	9-10am - Beginning Yoga (Stacey) 3:45-5pm-Flow (Stacey) 5:30-6:30pm - YoFit (Carrie)	4:00-5:00pm - Yoga for Sanity (Abby) 5:30-6:30pm-Flow (Abby)	3:45-5:00pm - Flow Yoga (Ashley)	3:00-4:00pm - Yoga for Sanity (Abby) 5:00 6:00pm-Flow (Abby)	8-9:15am - FlowYoga (Abby)
22nd	23rd	24th	25th	26th	27th	28th
9-10:15am - Yin Yoga & Meditation (Abby)	8:00-9:00am - Vinyasa Flow (Ashley) 3:45-5:00pm - Yin Yoga (Jen)	9-10am - Beginning Yoga (Stacey) 3:45-5pm-Flow (Stacey) 5:30-6:30pm - YoFit (Carrie)	4:00-5:00pm - Yoga for Sanity (Abby) 5:30-6:30pm-Flow (Abby)	3:45-5:00pm - Flow Yoga (Ashley)	3:00-4:00pm - Yoga for Sanity (Abby) 5:00 6:00pm-Flow (Abby)	8-9:15am - FlowYoga (Abby)
29th	30th	31st	Nov. 1st	Nov. 2nd	Nov. 3rd	Nov. 4th
9-10:15am - Yin Yoga & Meditation (Stacey)	8:00-9:00am - Vinyasa Flow (Ashley) 3:45-5:00pm - Yin Yoga (Jen)	9-10am - Beginning Yoga (Stacey) 3:45-5pm-Flow (Stacey) 5:30-6:30pm - YoFit (Carrie)	4:00-5:00pm - Yoga for Sanity (Abby) 5:30-6:30pm-Flow (Abby)	3:45-5:00pm - Flow Yoga (Ashley)	3:00-4:00pm - Yoga for Sanity (Abby) 5:00 6:00pm-Flow (Abby)	8-9:15am - FlowYoga (Abby)

Pricing \$10 Drop-In Rate (\$7 for students); \$45 for Five Class Pass; \$90 for Ten Class Pass; \$99 Unlimited Monthly Pass

Gift Certificates are available. Please contact Stacey at: 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.

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.

Vinyasa Flow – This continuous flow, synchronized with breath, provides an energizing start to your day. Complete with early morning stretches, sun salutations and a peak posture, you'll leave this class feeling invigorated.

YoFit -Yo-Fit™ is a yoga hybrid class--a vinyasa foundation fused with elements of fitness. The class begins with a series of asanas and is completed with lots of stretching and Savasana.

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.**