



YOGA

CONSCIOUS LIVING ARTS

FALL SESSION 2010

Free Demos

Tuesday, 9/28

Wednesday, 9/29

Give it a try – no obligation!

Conscious Living Arts Yoga Studio, Amery

Amery Centennial Hall

6:00 – 7:30 pm

10:00 – 11:15 am

Tuesdays

10/5 – 11/30

Yoga 101

Basics of breathing, poses, and relaxation – for beginners

5:30 – 7:00 pm

Wednesdays

10/6 – 12/1

Early Bird

An energizing practice to start the day – for experienced students

****Senior Stretch @ Amery Centennial Hall****

A modified practice – for Seniors and those who enjoy a slower pace

6:00 – 7:15 am

10:00 – 11:15 am

Thursdays

10/7 – 12/2

Evening Sadhana

Unwind at the end of the day – for experienced students

Meditation

Option to stay after class or drop in – led by Muni Cuelemans

5:30 – 7:00 pm

7:20 – 8:20 pm

Saturdays

Attuning to the Chakras ● ● ●

10:00a – 12:00p

The first in a series of workshops held in the coming year that will explore the chakras, or the seven main energy centers in the body – a nice mixture of breathwork, active-gentle and restorative yoga, and relaxation – for all levels.

October 23

Muladhara, the Root Chakra

November 20

Svadhistana, the Sacral Chakra

All demos and classes held at Conscious Living Arts Yoga Studio unless otherwise noted

See Rate Sheet for **sliding fee** and other **flexible payment options**.

To reserve your space, kindly make payments to Cindi Buenzli Gertz, **Certified Kripalu Yoga Instructor**

Visit www.earthartswi.org, e-mail consciouslivingarts@hotmail.com or call 715-268-2860

spreading peace and creating mindfulness toward ourselves and our earth