

Special Sessions/Workshops

Coming September 2010



- **Core Strength-** Prepare to work those abs! This class pays special attention to the core while working the entire body with a variety of low impact fitness and conditioning techniques, such as Pilates. Bring a yoga or fitness mat. Session starts Saturday, September 18th from 8:15-9:15am. 5 weeks, \$45. Pre-registration and payment required.



- **Kick Boxing Boot Camp-** Get in shape and feel empowered with this fun and intense class. Interval style combinations of common kicks and punches alternate with strength and conditioning to make you sweat, recharge your mind, and tone the body. Bring a yoga/fitness mat, a water bottle, and a pair of clean sneakers to put on once in the building. Session starts Tuesday, September 21st from 5:30-6:30pm, 5 weeks. \$45. Pre-registration and payment required.



- **Belly Dance-** “Dancing Your Goddess” involves healing, exploratory movement for body, mind, and spirit. Earthy belly dance combines with energizing music, yoga, imagery, and more to create a unique experience for women. Wear loose, comfortable clothing. Session starts Friday, September 24th from 7-8pm. 5 weeks, \$55. Pre-registration and payment required.



- **Yoga Workshop, “How to Start a Home Practice”-** Led by yoga instructor Sarah Kaczor, this workshop is intended to help you take your yoga experience home with you. Find out how to get going on your own for a practice to be enjoyed at home or to compliment your ongoing experiences in the yoga classroom. Bring a yoga mat. Saturday, September 25th from 11:00am- 1:00pm. \$25. Pre-registration and payment required.

For questions or to register, call Just Breathe Yoga Studio @ 337-4860. Enrollment is for complete session or workshop. Fees are non-transferable or refundable. Pre-registration and payment required. Sessions and workshops are subject to minimum and maximum participant numbers.