

~ September 2017 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	28	29	30	31 4:30p Hatha/Slow yoga	1	2 9:00a Hatha
3 5:30p Men's Yoga 6:45p Restorative Yoga	4 9:00a Hatha	5 4:30p Hatha 6:00p Vinyasa Flow	6 9:00a Hatha 5:00p Vinyasa Flow 6:30p Hatha w/Drum Meditation	7 4:30p Hatha	8	9 9:00a Hatha
10 5:30p Men's Yoga 6:45p Restorative Yoga	11 9:00a Hatha	12 4:30p Hatha/Slow Yoga 6:00p Vinyasa Flow	13 9:00a Hatha 5:00p Vinyasa Flow 6:30p Hatha w/Drum Meditation	14 4:30p Hatha/Slow yoga	15	16 9:00a Hatha
17 5:30p Men's Yoga 6:45p Restorative Yoga	18 9:00a Hatha	19 4:30p Hatha 6:00p Vinyasa Flow	20 9:00a Hatha 5:00p Vinyasa Flow 6:30p Hatha w/Drum Meditation	21 4:30p Hatha 7:30p Meditation for Your Mind's Health at the Workshop	22	23 9:00a Hatha
24 5:30p Men's Yoga 6:45p Restorative Yoga	25 9:00a Hatha	26 4:30p Hatha 6:00p Vinyasa Flow	27 9:00a Hatha 5:00p Vinyasa Flow 6:30p Hatha w/Drum Meditation	28 4:30p Hatha	29	30 9:00a Hatha

## WALK-IN'S WELCOME

### Hatha

Join us for a class designed to be beginner friendly but allows for pose and level options that even the most advanced student will benefit from. Great for flexibility, strength, Core and relaxation all in one!

### Vinyasa Flow

Vinyasa movements are smoothly flowing and faster paced, which explains why it is sometimes referred to as Vinyasa Flow. This is a Level 1 or 2 class, some experience required.

### Restorative Yoga

We quiet the mind, release the body and relax into a variety of restorative poses leaving the body renewed, refreshed, restored! A wonderful combination of yoga and meditation. Beginner Friendly!

### Hot Yoga

We're turning up the heat for a funky practice to a hot and soulful playlist! Bring a towel, hair-tie and something to drink (be creative on Friday's - it's happIER hour!) A crazy great way to start and end your week! This is a Level 1 or 2 class, some experience required.

**Hatha Yoga with Drum Meditation** A great mix of yoga and meditation! Come move your body through a beginner-friendly Hatha Yoga class that ends with the teacher drumming during an extended shavasana. Beginner Friendly.

### Men's Yoga

A class specifically for Men – and taught by a man!! A gentle practice to move and stretch the body regardless of your current flexibility. Classes will teach basic yoga poses and sequences. Although designed for the beginner – all levels of experience are welcome!!

### Slow Yoga

Come experience this gentle yoga for great body mechanics maintenance and aging. This class is great for EVERYONE! Seniors, injury recovery, beginners, inflexible, curious, back pain management, those looking for simple daily routines for home.

## WORKSHOPS AND EVENTS

### Meditation with Christa at The Workshop, 323 3rd Street, Int'l Falls

*The best meditation is the kind that works for you, wherever you are in your life.*

Christa will guide you on how to quiet your mind with simple practices and tips you can take with you into your everyday life. 1st and 3rd Thursday of the month starting September 21.



### **Replenish Living**

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