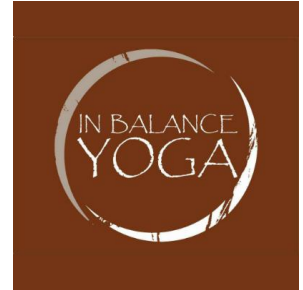


In Balance Yoga April Events



FREE BOOTCAMP WITH ESSIE JACKSON, SAT., 4/4 from 1:30 - 2:30 pm

Explosive cardio and strength training with Essie Jackson from Peak Strength & Conditioning! Space is limited to 22. Sign up ahead of time to reserve your space. Regular class card to attend or drop-in.

LIVE MUSIC VINYASA CLASS WITH RODRIGO SARLO & SOPHIE SWAN, SAT., 4/11, 6:30 - 7:45 pm

Regular Class Card or Drop In rate to attend.

Music will be provided by El Capitán. El Capitán is the project of guitarist Rodrigo Sarlo, based in Blacksburg, VA. His music blends Latin and Flamenco rhythms with reggae and rock to create a uniquely smooth atmosphere. The range of influences spans the globe and includes vocals in Spanish, Italian, Portuguese and French. His live shows explore eclectic styles such as bossa nova, samba, tango, salsa, rumba, reggae and more through both originals and jazz/latin classics.

Come listen to El Capitán while Sophie leads us through a lovely vinyasa flow.

ARM BALANCE WORKSHOP WITH NICOLE BOYLE, FRI., 4/17, 7:45 - 8:45 pm

Want to learn little tricks to help with your arm balances and build strength? We will have time in this class to workshop a few arm balances and break them down and spend more time playing with them.

Regular class card or drop in rate to attend. Limited to 25. Sign up ahead of time.

CANDLELIGHT RESTORATIVE SESSION, FRI., 4/24, 6 - 8 pm

WITH GUEST TEACHER, COLLEEN DWYER, E-RYT 500

The busyness of life often gets us caught in a state of over-doing. This workshop will demonstrate the importance of slowing down. We will start with a body and breath focus, some gentle movement, and then transition into a restorative yoga practice. With yoga props supporting the body, you rest in postures for prolonged periods of time, and the body is able to relax on a deeper level. The stillness of the postures allow your body to rejuvenate, and your nervous system to calm, so you are naturally guided towards health and well being. Pranayama (breath-exercise) will be integrated throughout.

Colleen will take some time after the workshop to talk with anyone who would like more information on her upcoming Restorative Yoga Training, at In Balance Yoga - September 25th to 28th.

JOURNEY THROUGH THE CHAKRAS, SAT., 4/25, 1 - 3 pm WITH COLLEEN DWYER, E-RYT 500

In a two hour hatha/flow session, Colleen will guide you through the Chakras (energy centers), starting with chakra one and moving up the spine to chakra seven. She will use asanas (postures), specific movements, intentions, and breaths to bring balance and awareness to the seven major energy centers in the body.

Registration for workshops with Colleen:

\$25 - for each individual workshop through 4/2/15

\$30 - for each individual workshop 4/3/15 and after

\$45 - For both the Restorative Yoga Session and Journey Through The Chakras through 4/2/15