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Fall Schedule

Monday

6:15-7:30	Hot Yoga
8:45-10	Hatha Flow
12-1	Power Hour
5:30-6:45	Ashtanga Improve
5:30-6:30	Pre-Natal (10/18)
7-8	Candle Light Flow

Tuesday

9-10:15	Vinyasa 1
10:30-11:30	Vinyasa 2
12-1:15	Power Hour
5:30-7	Hot Yoga
7:15-8:15	Hot Hybrid

Wednesday

6:15-7:30	Hot Yoga
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Turn with the leaves this fall and sweat all the Halahala (poisons) in the body away. Allow your yoga practice to empower your inner voice, passion, and truth.

Come three times a week to change your body;
 come five times a week to change your life.

Special Discounts & Offers For The Fall:

September 15th-December 15th:

New Student Discount: 2 weeks for \$30

September 15th-December 15th

Refer 5 first time students to Inversion Yoga, get 1 class free

November 1st-November 30th

\$12 drop-in classes for everyone (optional)

Every Week

5:15-6:15 **Friday Happy Hour:** 2 for the price of 1 drop in

10-11:15 **Sunday Sweat for Humanity:** a donation based class. 70% proceeds goes to Vertical Gardens, 30% to the instructor.

Thank you all for a wonderful summer! We appreciate all of your comments and feedback. We have heard your request to monitor the heat in all of our classes. We are now masters of the complex heat / humidity system and have scheduled our classes so that we can meet this request. Thank you for your patience.

While you will still sweat, we are committed to lowering the heat

10:30-11:30	Intro to Hot
12-1	Power Hour
5:30-6:45	Vinyasa 2
5:30-6:30	Pre-Natal (10/20)
7-8	Restorative

Thursday

7:15-8:30	Kundalini
9-10:15	Prana Flow
10:30-11:30	Vinyasa 1
12-1	Power Hour
5:30-7	Hot Yoga

Friday

6:15-7:30	Hot Yoga
10-11:30	Hot Yoga
12-1	Power Hour
5:15-6:15	Happy Hour

Saturday

8:15-9:45	Hot Yoga
10:15-11:30	Vinyasa 2

Sunday

10-11:15	Sweat for Humanity
5-6:30	Hot Yoga

Find us on Facebook 

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While you will still sweat, we are committed to lowering the heat slightly in all of our classes for the fall. Our target temperature/humidity range for our vinyasa classes is: 82-87 degrees/ 60% humidity. Our target temperature/ humidity range for our hot classes is: 98-100 degrees/ 60% humidity. Our Pre Natal, Restorative, and Vinyasa 1 classes are room temperature. Please continue to speak your mind and help us build a community yoga center that can grow into a sanctuary for us all.

Om Shanti,
Louise Sanseau
Inversion Yoga

October Workshops & Classes

Pre-Natal Yoga

5:30-6:30 pm every Monday (starts 10/18)
5:30-6:30 pm every Wednesday (starts 10/20)

Cameron Barker and Amanda Botur have joined efforts and will begin a Pre-Natal series in October crossing Kundalini and Shiva Rea Pre-Natal Yoga teachings.

Cameron is certified in Gurmukh Kaur Khalsa's, *The Khalsa Way*, Pregnancy Yoga. *The Khalsa Way* strengthens not only the body and mind, it helps dissolve fears and release past conditioning, enabling the pregnant woman to fully experience the joy, and embrace the challenges that come with pregnancy and childbirth. Each class includes stretching, strengthening (including squats and kegels), a 3 minute "keep up" exercise - to break through mental limitations, breathing exercises and meditations, as well as singing and of course relaxation! All designed to uplift and inspire, allowing time to connect with your baby and each other.

Amanda is trained by Shiva Rea in Pre-Natal Yoga which teaches safe stretching and strength-building exercises to help increase energy and stamina. Amanda's classes empower her students to experience prana- the universal source of breath, life-energy and conscious intelligence - as the navigating source of yoga practice and childbirth. These classes develop concentration, strength, and courage for labor and delivery.

Pre-Natal classes will be located in the East Room and start on Monday, October 18th.

Beginner's Series

7-8 pm	1st Monday of the month
10:30-11:30 am	2nd Tuesday of the month
10:30-11:30 am	3rd Wednesday of the month
10:30-11:30 am	4th Thursday of the month

On the first Monday, second Tuesday, third Wednesday, and fourth Thursday of every month, the above classes will offer further support and education on yoga postures, alignment and philosophy. These classes will focus on a beginner's series, emphasize proper alignment, and offer modifications designed for your body's abilities. Feel free to ask the instructor questions before, during and/ or after any of these classes. Each class will also digest one fundamental aspect of yoga theory. The first 8 weeks will explore the 8 limbs of yoga:

Monday 10/4:	Yamas	Moral Codes, Abstentions
Tuesday 10/12:	Niyamas	Personal Observances
Wednesday 10/20:	Asanas	Physical Postures
Thursday 10/28:	Pranayama	Breath Retention/ Control
Monday 11/1:	Pratyahara	Withdrawal of the Senses
Tuesday 11/9:	Dharana	Concentration
Wednesday 11/17:	Dhyana	Meditation, Devotion
Thursday 11/25:	Samadhi	Liberation, Union

New Restorative Class

Every Wednesday night, 7-8 pm.

This class is the antagonist of our Power/ Vinyasa and Hot Yoga classes. Rather than releasing the stress of the day through movement, this class is designed to relax and open the body through stillness. We are always in a constant state of motion and we need time to unwind.

Restorative yoga uses blankets, towels and blocks to support the body in a posture that will calm the nervous system, gently release the muscles, slow down the breath, and still the outer and inner self. Soft acoustic music and chimes, candles, slow transitions between postures, and staying still in supported postures will bring you to a state of deep calm.

Sweet Sweet Sugar!

Food Talk is back!

Join us in the East Room for a nutrition discussion on sugar:

Tuesday, 10/26, 7:30 pm

Are you constantly craving sweets and want to understand why?

Do you want to gain control without deprivation?

I will show you how!

Jessica Vandenbroeke, Heath & Nutrition Coach, will be leading a nutrition discussion on sugar, its effects on your health, and how to gain control.



Come join us for some not so sweet treats to tempt your taste buds!

New Instructor- Welcome Amanda Botur

Amanda Botur is a yoga instructor, acupuncturist, classical homeopath, and energy healer. She has been teaching yoga since 2006. Amanda has been studying with her main teacher Shiva Rea since 2005 and continues to be inspired by her evolutionary path of prana yoga and the movement arts. Amanda has also studied under: John Friend, Tias Little, Baron Baptiste, and renowned Tantric scholar and meditation teacher Sally Kempton.



Amanda's classes at Inversion:

Thursdays, 9-10:15 am: Prana Flow

In this class, students of all levels are empowered to experience prana- the universal source of breath, life-energy and conscious intelligence - as the navigating source of yoga practice and vital living.

Wednesday, 5:30-6:30 pm: Pre- Natal (starts 10/20)

Amanda's pre-natal class is inspired by Shiva Rea.

Cameron will be working with Amanda and teaching a Kundalini inspired pre-natal on Mondays from 5:30-6:30 (starts 10/18).

Visiting Instructor- Welcome Chris Rogers

Chris Rogers was humbled when he took his first Hot Yoga class to prepare for the 24 hour, Moab Mountain Bike Race. In 1998 he moved to San Diego, California and committed himself to a daily practice at Synergy Yoga. He received his 200-hour Yoga Alliance certification from Jimmy Barkan and has spent the past 7 years teaching hot yoga classes and various hot yoga series with [Empowered Yoga](#), based out of Delaware.



Chris will be subbing the following morning classes.

Wednesday, 10/6, 6:15-7:30 am, Hot Yoga
Friday, 10/8, 6:15-7:30 am, Hot Yoga
Monday, 10/11, 6:15-7:30 am, Hot Yoga
Wednesday, 10/13, 6:15-7:30 am, Hot yoga

This is a great opportunity for you to begin your morning practice! Roll out of bed Wednesday morning and see if Chris can help you ignite a new routine of starting your day with Hot Yoga!

Thank You!!!

Thank you for your enthusiasm and dedication to your yoga practice. It is a true joy to grow along side you in the exploration into yoga, the journey inward. Happy Fall!

**Save 10% off a
10 or 20 day
class pack_**



We like to give you a little something if you have made it to the end of the newsletter! Cut out this coupon and bring it into the studio to receive 10% off a regular priced 10 or 20 day class pack!

10= \$117
20= \$216

If you already have a class pack or membership, give this to a friend!

Save paper and just print out the last page!

Offer Expires: 10/31, Happy Halloween! Must have this coupon to receive discount!

