



Open House & Weekend Workshops

January 22-24, 2010

Join Inspire Yoga in celebrating the new year as well as our commitment to our health, yoga practice and our community's health and prosperity. Come check out the new collaboration between

Inspire Yoga and Greenseed Studios

INSPIRE YOGA AT GREENSEED STUDIOS OPEN HOUSE

Visit Greenseed Studios, the new location of Inspire Yoga for a warm reception featuring local art, refreshments, music and conscious community. Door prizes. Discounts on yoga sessions available. Check out Sarah's new line of homemade Yoga Mat Bags and prizes donated by students and friends of Inspire. Sunday, 3-5PM 1011 Indiana Ave. **FREE TO THE PUBLIC**

CORE FUNDAMENTALS

Learn the basics of yoga and the Anusara yoga system with a core strengthening and flexibility practice as well as learn proper back safety exercise techniques. Open to the possibility of new growth, healing and improved strength! ALL LEVELS Friday 6:30-9PM \$30

*LOCATION: YogaLoft 726B Michigan Ave. Sheboygan, WI

ANUSARA-INSPIRED POWER VINYASA WITH DEEP RELAXATION

Practice a high energy, music choreographed vinyasa flow class cued with the Anusara principles of alignment to reach maximum potential and depth in your poses as well as keep yourself safe as you move through your asanas! Followed by a deeper and longer relaxation that we often miss at the end of a vigorous class. INTERMEDIATE YOGA/FITNESS LEVELS – NO INJURIES

Saturday 9:30AM-12PM \$30 *LOCATION: 1011 Indiana Ave. Sheboygan, WI

INVERSIONS, RESTORATION AND MEDITATION

Practice inversions correctly and safely followed by a soothing restorative session to get deeply relaxed as well as learn to meditate to improve sensitivity and clarity. ALL LEVELS Saturday 2:30-5PM \$30 *LOCATION: YogaLoft 726B Michigan Ave. Sheboygan

RADICAL ARM BALANCES & BACKBENDS

Empower your heart by practicing advanced arm balances with a significant warm-up as well as partner drop-backs and advanced backbends. Learn the Anusara alignment principles to keep your back safe and more flexible as well as learn to teach your students back safety. TEACHERS/INTERMEDIATE STUDENTS Sunday 12:30-3PM \$30 *LOCATION: 1011 Indiana Ave. Sheboygan, WI

WEEKEND DISCOUNT \$108 for all 4 workshops

PRE-REGISTRATION DISCOUNT take \$5 off each pre-registered workshop

Greenseed Studios • 1011 Indiana Ave • Sheboygan, WI 53081 • 920.889.1016

www.sheboyganinspireyoga.com