

AUGUST 2011

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5	6 YOGA BASICS WITH AMANDA 9 - 10AM
7	8	9	10	11	12	13 YOGA BASICS WITH AMANDA 9 - 10AM
14	15	16	17	18	19	20 YOGA BASICS WITH AMANDA 9 - 10AM
21	22	23	24	25	26	27 YOGA BASICS WITH AMANDA 9 - 10AM
28	29	30	31	1	2	3 YOGA BASICS WITH AMANDA 9 - 10AM

PLEASE CALL (401) 233-2348 TO REGISTER FOR ONE OF OUR CLASSES / NO DROP-IN'S

CLASS GUIDELINES

- It is best to arrive 10 minutes early so class can start promptly.
- Wear comfortable, loose-fitting clothing.
- It is recommended not to practice yoga on a full stomach;
wait 2-3 hours after eating to practice.
- We encourage you to bring a mat and bottled water.
- Please turn off ringers on cell phones.
- Please refrain from wearing strong fragrances.
- Last but not least, it is highly recommended to have tons of fun!

CLASS FEES

INDIVIDUAL CLASSES

60 minutes: \$12 per class

8 CLASS PACKAGE

60 minute classes: \$80

CLASS DESCRIPTIONS

YOGA BASICS (AMANDA) - 60 MINUTES

Grounded in the yogic principles of non-harming (ahimsa) and truthfulness (satya), this class is designed to effortlessly strengthen and tone the body while increasing flexibility and suppleness of the joints. Great for beginners, this class explores foundational postures through an attention to body alignment and breath awareness. It is largely a restorative practice aimed at gently soothing tension and refreshing the body through an introspective look at body dynamics in both movement and stillness. Try it; it's a breath of fresh air.

PLEASE CALL (401) 233-2348 TO REGISTER FOR ONE OF OUR CLASSES / NO DROP-IN'S

INSTRUCTORS

AMANDA ARMBRUST

Amanda holds a 230 hr Yoga Alliance teacher certification through the Asheville Yoga Center and is also a certified Thai Yoga and level two Reiki practitioner. She works in group and individual settings to facilitate holistic healing through the exploration of our physical, intellectual and emotional selves. She believes that movement and breath can both awaken and integrate the body and mind through a focus on alignment and self-awareness. Using the practice of asana, pranayama, meditation, conscientious diet, and personal spiritual inquiry, Amanda looks to help individuals find personal grounding, achieve optimal health and discover peaceful clarity.

KEN ROY

Ken has been in the Fitness and Training industry for over 12 years. As a former Marine, he knows what it takes to get results. He is a certified Personal Trainer and a Sports Nutritionist. He will educate you on Training and Nutrition to help you maintain the look you worked so hard to get and show you how to maintain it for The Rest of Your Life.

KIM MAINVILLE

Kim has been dancing since she was a child and graduated from college with a minor in dance. However, when she graduated she stopped dancing and as a result felt a void in her life. Eager to start dancing again, she heard of Zumba but was unsure what to expect when she took her first class. She loved it from the minute the first song played! The music was so uplifting and the moves were made for everyone! She knew that she wanted to inspire people to lead a healthy lifestyle the way that she was inspired by her first class, so in 2010 she became a certified Zumba Instructor and has been loving teaching ever since! Come join Kim in her party-like atmosphere by experiencing one of her classes!

PLEASE CALL (401) 233-2348 TO REGISTER FOR ONE OF OUR CLASSES / NO DROP-IN'S