



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - 10:45 am		Yoga for Every Body		Yin Yoga		Yoga for Every Body	Yoga for Every Body
11:00 am - 12:00 pm			Gentle Yoga		Gentle Yoga		
11:00 am - 12:15 pm				Myofascial Release Yoga			Aerial Yoga
11:15 am - 12:00 pm		SilverSneakers® Yoga			SilverSneakers® Yoga		
2:00 - 3:30 pm	Restorative Yoga 1/19						
6:00 - 7:15 pm	Yin Yoga	Vinyasa Flow Yoga		Yoga for Every Body	Yin-Yasa Yoga		
6:15 - 7:30 pm			Aerial Yoga		Aerial Yoga		

Pre-registration strongly suggested.

Classes may be cancelled if no one is registered at least one hour prior to start time.



Upcoming Events

Aerial Yoga for Beginners:

4-week Course

Saturdays, Jan. 4 - 26

12:30 - 1:30 pm

Join Beth for a 4-week series to get acquainted with yoga in the aerial swing. IYT's unique aerial style incorporates the aerial swing into traditional-style yoga classes for a fun and challenging experience. This introduction is appropriate for all beginner students.

Pre-registration required.

\$99 per person (15% off for members)

Yoga for Beginners:

8-week Course

Mondays, Jan. 6 - Feb. 24

6:15 - 7:30 pm

This 8-week course will prepare you to step out into group yoga classes with confidence and knowledge. We will explore various styles of yoga and cover the basics of yoga poses, breathing and common terminology. This course is appropriate for absolute beginners, as well as students looking to step back to a beginner's mind to learn the core basics of yoga. Registrants for this course should be comfortable sitting on the floor.

Pre-registration required.

\$199 per person (15% off for members)

101-P NE Main St, Easley SC 29640

January Full Moon Sound Healing

Sunday, Jan. 12

6:30 - 7:30 pm

Native Tribes called the January Full Moon many names such as the Center, Ice, or Wolf Moon because it takes place in the center of Winter when the frosty weather and the sound of hungry howling of wolves is at its peak. Happening in the fiery Astrological sign of Leo, this 60-minute session will focus on cultivating a spark of self-love to keep you warm and let go of obstacles that keep you from letting your voice be heard through meditation accompanied by a sound bath.

Pre-registration suggested.

\$25 per person (15% off for members)

Intro to Inversions

4-week Course

Tuesdays, Jan. 21 - Feb. 11

6:00 - 7:30 pm

Join us for this four-week course in the fundamentals of flipping your world upside down and discover how inversions can benefit your body to build the emotional and mental resilience needed to cope with everyday stress. Throughout this course, students will practice yoga poses and movements to learn the proper alignment and body mechanics required to get into and stay upright in variations of Headstand, Forearmstand, and Handstand. This class will use various props such as Aerial Swings, Inversion Trainers, and much more to help train student's bodies, and minds to conquer self-limiting stories and fears that come up when practicing inversions. All ages, bodies, and mindsets are welcome! Class includes hands and knees and standing poses in addition to inversion postures both with and without props. Please see the medical disclaimers, speak with your doctor, or contact the studio for any questions and concerns.

Pre-registration required.

\$150 per person (15% off for members)