



	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 2/16						
6:00 - 7:15 pm		Vinyasa Flow Yoga		Yoga for Every Body	Yin-Yasa Yoga		
6:15 - 7:30 pm			Aerial Yoga		Advanced 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, Feb. 8 - Mar. 1

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)

Meditation for Beginners:

8-week Course

Tuesdays, Feb. 18 - Apr. 8

6:00 - 7:30 pm

This 8-week course is for students who are new to meditation or would like to try a wide variety of meditation practices. Each week will utilize themes of the chakras (points of energy within the body) as a foundation for 20+ varieties of mediation. These include traditional meditations such as Zazen, as well as unique varieties such as moving meditations, sound (japa/mantra), guided visualizations, breathwork, and more.

Pre-registration required.

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

101-P NE Main St, Easley SC 29640

Snow Full Moon Sound Bath

Sunday, Feb. 12

7:00 - 8:00 pm

This Full Moon workshop will focus on sparking a sense of self-love to keep you warm during this snowy season with a centering meditation and a restorative sound bath. The February Snow Moon will take place in the fiery Astrological sign of Leo, Leo's message of self-love reminds us to treat ourselves with kindness and compassion. In this meditation, we will reflect on areas where you could show yourself more love and acceptance and integrate that into your daily life.

Pre-registration required.

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

Myofascial Release for Backbends

Friday, Feb. 28

6:00 - 8:00 pm

Myofascial Release for Backbends

This 2-hour workshop will explore various backend poses through a 30-minute mat practice followed by 90 minutes of Myofascial Release Techniques targeting common problem areas in backend poses. Myofascial Release Techniques use gentle, sustained pressure techniques to release tension in the connective tissue (fascia) that can restrict movement in back-bending poses, allowing for deeper flexibility and improved range of motion. This session will cover how to utilize props like foam rollers, balls, and blocks to target specific areas involved in backbends, enabling participants to learn self-massage techniques to practice at home and enhance their back-bending practice. Students are welcome to choose any backbend pose they desire throughout the session, poses such as Bridge, Bow, and Wheel will be offered throughout. Not recommended for those with Osteoporosis or those currently recovering from surgery/injury involving torn/cut muscle groups. Please speak with your doctor if you have any questions or concerns.

Pre-registration required.

\$35 per person (15% off for members)