



# Fall 2022 'Yoga in the Salt Spa' Class Series

## Restore, Revive & Thrive



**Mondays in November 5:30-7:00 pm**

\$45 per Specialty Yoga Class. Purchase all 4 classes for \$160 (save \$20!)

**Schedule Early – Only 8 students max per class**

Classes will be held in the Qi Garden Salt Spa in The Wellness Spa ~ All mats and props provided

**Restore, Revive & Thrive** classes are gentle restorative practices. Each pose will be supported by props so you can nestle in and completely relax. This will be paired with deep meditation (yoga nidra style) and breathwork for a full body reset. Combined with the natural health benefits the salt spa provides, the overall result will Restore and Revive your body, mind, and spirit.

### **November 7** Theme: **Wim Hof**

The primary focus of this class is the breath. We will explore the healing and transformative benefits of the Wim Hof style of breathing and weave it throughout our yoga practice and into each asana (posture). Each pose will be paired with this technique to shake loose clutter in the mind and body, reduce stress, increase oxygen levels, boost immune system, and promote resiliency.

### **November 14** Theme: **Chakras**

We will begin exploring the chakra centers through our body and breath coupled with a guided meditation. We will use this time to become aware of how each chakra holds space for different areas of our lives and where there may be imbalances. Each pose we settle into is in alignment with each chakra center with the intention of opening and balancing our physical and ethereal spaces.

### **November 21** Theme: **Kundalini**

We will dive deep into our breath and journey through our bodies with an invigorating Kundalini flow. Kundalini is the pairing of rhythmic breathwork and Kriyas to tap into the eternal energy within.

### **November 28** Theme: **Elements**

Become aware of the delicate dance of the elements of life. This class focuses on how we are connected to and influenced by the elements. Earth, Air, Fire, and Water. The primary focus of this class will be a Yoga Nidra style with an emphasis on guided meditation and gentle breathwork paired with subtle postures to enhance our meditative experience.

**Class Size Limited** - please sign up at The Wellness Spa front desk or call 715-341-3333 to reserve your place in class. Classes are on a pre-pay, non-refundable registration basis.



Angela May knew her path in life was to share the knowledge and wisdom of yoga after completing her 200-hour yoga teacher training in Sacred Valley, Peru. As a professional yoga instructor, shamanic practitioner and healer, Angela guides people into listening to their inner self, stepping out of their comfort zone, and exploring their inner wisdom and ability to heal. Angela shares her creativity and talents as a local artist, as well as a Saltologist at The Wellness Spa.