



Hudson & River Falls Studio Schedule Sept 7th - Oct 3rd

www.InspiringActions.com
upcoming events:

Yoga for Pregnancy Indoor Hudson

Thurs, Sept 2nd-23rd 5:30-6:30p with Encompass Birth & Wellness All stages of pregnancy and levels of yoga experience welcome. Fee \$68

Yoga 101 with Tracey Indoor Hudson

Tuesdays, Sept 7 - 28th, from 5:30-86:45pm This 4-week series is for people who have never done yoga before or who have limited experience. You will explore the history of yoga & discover its many benefits! Fee: \$48 (an \$80 value)

Free Karma Gentle Yoga Indoor Hudson

Sat, Sept 11th, 9:30-10:30am with Sam "Karma Yoga" is a path of selfless service, compassion kindness. We believe it is important to give back to the community and create opportunities for those that may not have the financial means to take a yoga class.

Yoga Nidra Indoor River Falls

Sun, Sept 12th, 1-2pm with Angela, \$20. A simple & profound practice where you enter a state of restorative meditation. After a gentle warm up, you will lie on your mat and be led through a relaxation technique. No experience needed.

Yoga for Recovery Fundraiser Class Hudson

Sat, Sept 18th, 9:30-10:30 am with Ali This donation-based class in honor of National Recovery Month. No previous yoga experience necessary; everyone is welcome! Proceeds benefit the Trini Foundation! Suggested donation: \$10

Full Moon Sound Meditation Indoor Hudson

Sun, Sept 19th, 1-2pm with Pam, \$20. Use sound to clear your mind & relax your body which will allow your body to have the space to heal itself. No experience needed.

Free Karma Gentle Yoga Indoor River Falls

Sun, Sept 19th, 4-5pm with Kelsey Any donations will go to the Abundant Yoga Community. *Held the 3rd Sunday of each month.*

Yoga In the Vines @ Cracked Barrel Winery

Thursday, Sept 30th, 6-7pm with Deb An all levels yoga class in the Vines at Cracked Barrel Winery and then a glass of wine! Dress for the weather and a blanket for under your mat. Class will be canceled if it's raining. Pre-registration is required. Fee: \$20 for the class & 1 drink ticket

Monday		
8:15-9:15a	Strength & Stretch	Indoor Hudson Dana
8:15-9:15a	Strength & Stretch	Virtual FB Dana
5:30-6:30p	Mixed Level	Indoor Hudson Jennifer
5:30-6:30p	Core & More	Indoor River Falls Kelsey
5:30-6:30p	Core & More	Virtual FB Kelsey
6:45-7:45p	Hatha I Yoga	Indoor River Falls Kelsey
Tuesday		
8:00-9:00a	Mixed Level	Indoor Hudson Deb
9:30-10:30a	Gentle Yoga	Indoor Hudson Sam
9:30-10:30a	Gentle Yoga	Virtual FB Sam
12:15-1:00P	Lunchtime Yoga	Indoor River Falls Tracey
12:15-1:00p	Lunchtime Yoga	Virtual Zoom Tracey
6:00-7:00p	Gentle Yoga	Indoor River Falls Kelsey
6:00-7:00p	Gentle Yoga	Virtual FB Kelsey
6:00-7:15p	Detox Flow	Indoor Hudson Marilyn
Wednesday		
8:15-9:15a	Beginning Yoga	Indoor Hudson Tracey
8:15-9:15a	Beginning Yoga	Virtual Zoom Tracey
9:30-10:30a	Gentle Yoga	Virtual FB Nealee
9:30-10:30a	Gentle Yoga	Indoor River Falls Nealee
12:15-1:00p	Lunchtime Stretch	Indoor Hudson Dana
12:15-1:00p	Lunchtime Stretch	Virtual FB Dana
5:30-6:15p	Yin Yoga	Indoor Hudson Dana
5:45-6:45p	Mixed Level	Indoor River Falls Monica
7:00-8:00p	Calming Candlelight Flow	Indoor River Falls Monica
Thursday		
8:00-9:00a	Mixed Level Yoga	Virtual FB Deb
8:00-9:00a	Mixed Level Yoga	Indoor Hudson Deb
9:30-10:30a	Hatha I Yoga	Indoor Hudson Lucy
5:30-6:30p	Heated Mixed Level	Indoor Hudson Jennifer
6:00-7:00p	Mixed Level	Indoor River Falls Olivia
Friday		
9:30-10:30a	Yoga Core & More	Indoor Hudson Jennifer
9:30-10:30a	Gentle Yoga	Indoor River Falls Jackie
9:30-10:30a	Gentle Yoga	Virtual FB Jackie
5:30-6:30p	Detox Flow	Indoor River Falls Kelsey
5:45-6:45p	Restorative Yoga	Indoor Hudson Angela
5:45-6:45p	Restorative Yoga	Virtual FB Angela
Saturday		
8:00-9:00a	Mixed Level	Indoor Hudson Jennifer
9:30-10:30a	Flow & Restore	Indoor River Falls Tovah
9:30-10:30a	Flow & Restore	Virtual FB Tovah
Sunday		
8:00-8:45a	Mixed Level Express	Indoor Hudson Angela
8:00-8:45a	Mixed Level Express	Virtual FB Angela
9:00-10:00a	Yoga Stretch	Outdoor Hudson (weather permitting) Angela
9:00-10:00a	Yoga Stretch	Virtual FB Angela
10:30-11:30a	Hatha I & II	Indoor River Falls Anjelica

IA Memberships and Class Packages

We are a part of the \$20 Fitness Reimbursement Program

New Student Special

3 Weeks for \$39

Drop-in Options

		<u>Senior (60+)/Student</u>
Single Class.....	\$20.....	\$16
10-Class Package.....	\$165.....	\$132

Memberships (contracts required except where noted)

Flexible - 4 classes/month.....	\$59	
Unlimited 6-Month.....	\$107	
Unlimited Monthly (no contract).....	\$127.....	\$99
Unlimited Monthly Family.....	\$189	
Unlimited Annual (no contract).....	\$1077	

Traveler

7 Consecutive Days for \$57

Brief Description of Classes

(visit website for a more thorough explanation)

Beginning Yoga: An introduction to basic poses that flow together. Build strength, increase flexibility, reduce stress.

Chair Yoga: Gentle yoga poses to relax and improve mobility, balance and strength. Done seated in the chair or standing using chair for balance.

Detox Flow: Focuses on postures and sequences to improve digestion and facilitate the release of toxins.

Flow & Restore Yoga: Flowing poses to warm up the body followed by a time of props and supported poses to relax and renew the body.

Gentle Yoga: Slow, soft exploration of postures, breath, and stretching.

Hatha Yoga: Our Hatha Yoga classes are for students of all skill levels. They are moderately paced classes that incorporate gentle asanas and lots of breath work.

Heated Yoga: This grounding practice is sure to build patience, will power, determination, and confidence. Yoga classes held in Studio B heated to 95°.

Karma Yoga: Free gentle yoga class- 2nd Saturday of each month at our Hudson Studio and the 3rd Sunday of each month at our River Falls Studio.

Lunchtime Yoga: A 45-minute class designed so you can head right back to work.

Mixed Level Yoga: An ideal class to both challenge and relax you.

Power Vinyasa Yoga: An advanced class designed to challenge and inspire you.

Restorative Yoga: This nourishing, restorative, and relaxing yoga class is the essence of relaxation. With the lights low and supportive props, you will yield into long, slow, deep holds that will melt away tension and leave you feeling relaxed and renewed.

Yin Yoga: Need to calm the mind and body? Reduce your stress and anxiety with our Yin Yoga classes.

Core & More: Focuses on strengthening core muscles with another area of the body.

Yoga Express: An ideal 45-minute class to both challenge and relax you.

Yoga for Pregnancy: Did you know yoga lowers the risks for you and your baby? Join us for a yoga for pregnancy class!

Vinyasa Yoga: Challenging poses done in quick succession that will increase your stability and balance.

New To Yoga? Try Yoga 101 **An Introductory Series with Tracey Mortensen**

We invite you to dip your toes into the healing waters of yoga. We are offering a four week introductory series for people who are new to yoga. **Yoga 101** is designed for those who want an introduction to the physical, mental and spiritual benefits of yoga. In our intimate and friendly environment, you'll learn the history and benefits of yoga and gently be guided into your own physical yoga practice. Please wear comfortable clothing and bring water bottle. We provide the rest!

Cost: A discounted/prepaid rate of \$48
(\$85 Value) \$60 night of class.

Pre-registration is required

Call 715-381-3148 or
email help@inspiringactions.com with any questions or to register.

Other Services

Corporate Wellness

Provides a unique opportunity for employers to participate in their employee's health and wellbeing. Our certified and highly skilled yoga instructors will help to both relax and energize the minds and bodies of your staff, reduce tension, relax the body, and clear the mind of job-related pressure and stress.

Hypnotherapy

Tracey Mortensen, Certified Hypnotherapist
By appointment only. Pricing:
\$80, 90 minute initial consultation/session
\$80, 60-75 minute session
\$225, for 3 prepaid sessions
EMAIL: tracey@inspiringactions.com
Call or Text: (651) 497-6753

Private Yoga Parties

Birthday? Girl's Night? Couples Night?
Celebrate your special event with a private yoga party. It's a 75 minute class! \$15 per person with a 5 person minimum.

Private Yoga

Tracey, E-RYT 200, RYT 500, is now accepting private yoga clients. Why private yoga? You will have dedicated time to work specifically on your goals. We can work on poses, meditation, visualization, breath, etc.

1 hour session only \$70

3-pack \$180

Email help@inspiringactions.com if interested.

help@inspiringactions.com - 715.381.3148 - www.inspiringactions.com

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