



www.InspiringActions.com

715.381.3148

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Hudson & River Falls Studio Schedule Nov 1st - Dec 5th

Upcoming Events:

Yoga for Pregnancy Indoor Hudson

Thursdays, Nov 4th-18th, 5:45-6:45p with Encompass Birth & Wellness

A 3-week series for all stages of pregnancy and

What's Dana Reading? Book Club Hudson

Thursday, November 4th, 6:45-7:45pm

We will be discussing "We Were Liars" by E.

Yoga Nidra Indoor River Falls or Zoom

Sunday, November 7th, 1-2pm with Angela

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

Yoga 101 with Tracey Indoor Hudson

Tuesdays, Nov 9th-30th, from 5:30-6:45pm

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 &

Free Karma Gentle Yoga Indoor Hudson

Saturday, Nov 13th, 9:30-10:30am with Tori

"Karma Yoga" is a path of selfless service, compassion kindness. We believe it's important to give back to the community & create opportunities for those that may not have the

Stress Management & Gratitude Workshop Indoor Hudson

Sunday, November 14th, 2-4pm with Sam

Whether you are struggling to manage the stresses of everyday life or facing a major obstacle or challenge in life, we all need a little help with stress management. Come learn about the effects of stress (both chronic and acute) on the body, how we can recognize stressors, and

Full Moon Sound Meditation Indoor Hudson

Sunday, November 21st, 1-2pm with Pam

Use sound to clear your mind & relax your body which will allow your body to have the space to

Free Karma Gentle Yoga Indoor River Falls

Sunday, November 21st, 4-5pm with Tovah

Any donations will go to the AYC. Held the 3rd

Monday		
8:15-9:15a	Strength & Stretch	Indoor HUD & Virtual FB Dana
5:30-6:30p	Mixed Level	Indoor Hudson Sam
5:30-6:30p	Core & More	Indoor RF & Virtual FB Kelsey
6:45-7:45p	Gentle Yoga	Indoor RF & Virtual FB Kelsey
Tuesday		
8:00-9:00a	Mixed Level	Indoor Hudson & Virtual FB Deb
9:30-10:30a	Gentle Yoga	Indoor Hudson & Virtual FB Sam
12:15-1:00P	Lunchtime Yoga	Indoor RF & Virtual FB Tracey
5:45-6:45p	Mixed Level	Indoor RF Monica
6:00-7:15p	Lukewarm Detox Flow	Indoor Hudson Marilyn
7:00-8:00p	Calming Candlelight Flow	Indoor RF Monica
Wednesday		
8:15-9:15a	Beginning Yoga	Indoor HUD & Virtual FB Tracey
9:30-10:30a	Gentle Yoga	Indoor RF & Virtual FB Nealee
12:15-1:00p	Lunchtime Yoga	Indoor HUD & Virtual FB Dana
5:30-6:30p	Yin Yoga	Indoor Hudson Dana
5:30-6:30p	Barre Yoga	Indoor RF & Virtual FB Kelsey
Thursday		
8:00-9:00a	Mixed Level Yoga	Indoor HUD & Virtual FB Deb
9:30-10:30a	Hatha I Yoga	Indoor Hudson Lucy
6:00-7:00p	Lukewarm Candlelight Flow	Indoor Hudson Jennifer
6:00-7:00p	Mixed Level	Indoor River Falls Olivia
Friday		
9:30-10:30a	Yoga Core & More	Indoor Hudson Nealee
9:30-10:30a	Gentle Yoga	Indoor RF & Virtual FB Jackie
5:30-6:30p	Detox Flow	Indoor River Falls Kelsey
5:45-6:45p	Restorative Yoga	Indoor HUD & Virtual FB Angela
Saturday		
8:00-9:00a	Mixed Level	Indoor Hudson Sam
8:00-9:00a	Heated Empower Yoga	Indoor Hudson Jennifer
9:30-10:30a	Flow & Restore	Indoor RF & Virtual FB Tovah
Sunday		
8:00-8:45a	Mixed Level Express	Indoor HUD & Virtual FB Angela
9:00-10:00a	Lukewarm Stretch	Indoor HUD & Virtual FB Angela
10:15-10:45a	Meditation	Indoor Hudson Amy
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 (<i>no contract</i>).....	\$127.....	\$99
Unlimited Monthly Family.....	\$189	
Unlimited Annual (<i>no contract</i>).....	\$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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