



www.InspiringActions.com
715.381.3148
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Hudson & River Falls Studio Schedule Jan 3rd - Feb 6th

Upcoming Events:

Yoga for Pregnancy Indoor Hudson

Thursdays, Jan 6th-27th, 5:45-6:45pm

Encompass Birth & Wellness

A 4-week series for all stages of pregnancy and

Yoga 101 with Tracey Indoor River Falls

Saturdays, Jan 8th-29th, from 8-9:15am

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, Jan 8th, 9:30-10:30am with Dana

"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 financial means to take a yoga class. FREE!

Inspiring Kids Yoga Series for Kids 3-8 yrs

Saturdays, Jan 8th - Feb 5th, 9:30-10:15am

Children will explore yoga, breathing techniques, peace, & relaxation through games, music, movements and play! \$50 for the 5-week series

The Blueprint the Wellness with Amanda Riley

Mondays, Jan 10th - 24th, 6:30-8:30pm

This online course teaches the often forgotten basic, biological, fundamental necessities of the human body. \$297

What's Dana Reading? Book Club Hudson

Wednesday, January 12th, 6:30-7:30pm

We will be discussing "The Guest List" by Lucy Foley. Free & open to everyone.

Full Moon Sound Meditation Indoor Hudson

Sunday, Jan 16th, 1-2pm with Pam

Use sound to clear your mind & relax your body which will allow your body to have the space to heal itself. No experience needed. Fee: \$20

2022 Intention Setting Cacao Ceremony

Sunday, Jan 16th, 1-3pm River Falls Studio

Come start off the New Year in Sacred Ceremony, to powerfully set your Intentions for 2022. Sit with the Sacred Heart Opening Medicine of Cacao to assist in bringing your Heart's Desires to the surface. \$33

Monday			
9:30-10:30a	Mixed Level	Indoor HUD & Virtual FB	Nealee
5:30-6:30p	Fit Flow	Indoor Hudson & Virtual FB	Dana
5:30-6:30p	Core & More	Indoor RF	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	Tori
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	Ashley
Friday			
8:15-9:15a	Mixed Level	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
10:00-11:00a	Mixed Level	Indoor River Falls	Anjelica

IA Memberships and Class Packages - effective 01/15/2022

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

New Student Special

3 Weeks for \$49

Drop-in Options

		Senior (60+)/Student
Single Class.....	\$22.....	\$18
10-Class Package.....	\$180.....	\$144

Unlimited Options

Unlimited Monthly	\$129.....	\$109
Unlimited Monthly Family.....	\$189	
Unlimited Annual	\$1296	

Flex Plan

Flex - 5 classes/month.....\$79

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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