



www.InspiringActions.com

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## Hudson & River Falls Studio Schedule July 5th - 31st

### Upcoming Events:

#### Free Karma Gentle Yoga Indoor River Falls

Sunday, July 17th, 4-5pm with *Tori*  
Any donations will go to the AYC. Held the 3rd Sunday of each month. Free!

#### What's Dana Reading? Book Club Hudson

Monday, July 18th, 6:30-7:30pm  
We will be discussing "We Were Never Here" by Andrea Bartz

#### Yoga In the Vines @ Cracked Barrel Winery

Thursday, July 28th, 6-7pm with *Deb*  
Join us for a yoga class held outside at a local winery. Registration includes the 60 minute yoga class + a glass of wine. Must pre-register. \$20

#### Moon Club July 29th - August 26th

Create your New Moon Intention and manifest it throughout the moon cycle. Moon Club includes in person gatherings as well as weekly email support. More info on the website. Unlimited Members can use code "moonclub20" to get \$20 off.

#### Yoga for Pregnancy Indoor Hudson

Thursdays, Aug 4th-26th 5:30-6:30pm  
A 4-week series for all stages of pregnancy and levels of yoga experience welcome taught by the highly trained birth doulas of Encompass Birth & Wellness. Fee \$68

#### Yoga 101 - Hudson with Tracey Mortensen

Mondays, Aug 8th-29th, 4-5:15pm  
This 4-week series is for people who have never done yoga before or have limited experience. You will explore the history of yoga and discover its many benefits! Each class has 20 min of discussion and 55 min of yoga. Yoga 101 will prepare you for any beginning level class.

#### Free Karma Gentle Yoga Indoor Hudson

Saturday, August 13th, 9:30-10:30am with *Jackie*  
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!

#### Sound Healing Bath River Falls

Sunday, August 14th, 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

#### Meditative Chakra Sound Experience: A ShaamaahS Performance Hudson Studio

Sunday, Oct 30th, 5-6pm \*limited to 20 people\*  
The goal of this Sound Meditation is to perform an ambient meditative sound experience that has the potential to relax, improve health, explore inwards, and reach the true teacher and ultimate intelligence within all of us. \$35

Monday			
9:30-10:30a	Mixed Level	Hudson & Virtual FB	Nealee
5:45-6:45p	Mixed Level	River Falls	Monica
6:00-7:00p	Beginning Yoga - Level 2		Tracey
7:00-8:00p	Calming Candlelight Flow	River Falls	Monica
Tuesday			
7:00-8:00a	Mixed Level	Hudson & Virtual FB	Deb
9:30-10:30a	Gentle Yoga	Hudson & Virtual FB	Sam
12:15-1:00P	Lunchtime Yoga	River Falls & Virtual	Tracey
5:30-6:15p	Core & More Express	River Falls	Kelsey
6:15-7:15p	Lukewarm Detox Flow	Hudson	Dana
Wednesday			
8:15-9:15a	Beginning Yoga	Hudson & Virtual FB	Dana
9:30-10:30a	Gentle Yoga	River Falls & Virtual FB	Nealee
5:30-6:30p	Yin Yoga	Hudson	Tori
5:30-6:30p	Barre Yoga	River Falls & Virtual FB	Kelsey
6:45-7:45p	Gentle Yoga	River Falls	Kelsey
Thursday			
6:00-6:45a	Mixed Level Express	River Falls & Virtual FB	Kelsey
8:00-9:00a	Mixed Level Yoga	Hudson & Virtual FB	Deb
9:30-10:30a	Hatha I Yoga	Hudson	Lucy
5:30-6:30p	Lukewarm Strength & Stretch	Hudson	Tori
6:00-7:00p	Mixed Level	River Falls	Olivia
Friday			
9:30-10:30a	Mixed Level	Hudson	Dana
9:30-10:30a	Gentle Yoga	River Falls & Virtual FB	Jackie
10:45-11:45a	Somatic Movement	River Falls	Jackie
5:45-6:45p	Restorative Yoga	Hudson & Virtual FB	Angela
6:00-7:00p	Detox Flow	River Falls	Ali/Shannon
Saturday			
8:00-9:00a	Mixed Level	Hudson	Sam
9:30-10:30a	Flow & Restore	River Falls & Virtual FB	Tovah
Sunday			
8:00-8:45a	Mixed Level Express	Hudson & Virtual FB	Angela
9:00-10:00a	Lukewarm Stretch	Hudson & Virtual FB	Angela
10:00-11:00a	Mixed Level	River Falls	Anjelica

## IA Memberships and Class Packages

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

### New Student Special

3 Weeks for \$49

### Drop-in Options

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

### Unlimited Options

Unlimited Monthly .....	\$129.....	\$109
Unlimited Monthly Family.....	\$189	
Unlimited Annual .....	\$1297	

### 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](mailto: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](mailto: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! \$20-25 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 \$80

3-pack \$225

Email [help@inspiringactions.com](mailto:help@inspiringactions.com) if interested.

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