



www.InspiringActions.com
715.381.3148
help@inspiringactions.com

Hudson & River Falls Studio Schedule Nov 7th - Dec 4th

INSPIRING ACTIONS
Yoga

Upcoming Events:

Free Karma Gentle Yoga Hudson

Sat, Nov 12th, 9:30-10:30am 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!

Free Karma Gentle Yoga Indoor River Falls

Sunday, Nov 20th, 4-5pm with Denise
Any donations will go to the AYC. Held the 3rd Sunday of each month. Free!

Thanksgiving Schedule

Thursday, Nov 24th

- 6-6:45am Mixed Level Express RF & Virtual
- 9-10am Gratitude Practice Hudson Studio
- 9:30-10:30am Flow & Restore Gratitude Practice River Falls

Friday, Nov 25th

- 8-9am Burn Off the Bird Hudson & Virtual
- 9:30-10:30am What Bird? Gentle Yoga Hudson & Virtual
- 9:30-10:30am Gentle Yoga River Falls

Yoga with Babies River Falls

Thurs, Dec 1st-15th, 9:30-10:15am

This class is a blend between yoga for mom/dad and baby yoga as well as baby massage. It is great for babies 6 weeks and up until crawling. Must pre-register. 3-week series for \$45 or drop-in for \$22/class

Yoga for Pregnancy Hudson

Saturdays, Dec 3rd - 17th, 9:30-10:30am, \$51

Yoga for Pregnancy River Falls

Wednesdays, Dec 7th - 21st, 5:30-6:30pm, \$51

A 3-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 \$51 each session

Healing Sound Bath River Falls

Sunday, Dec 4th, 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

What's Dana Reading? Virtual Book Club & Author Visit!

Monday, Dec 12th, 6:30-7:30pm via Zoom

We will be discussing "The Barrens" and talking to local father/daughter author team of Kurt Johnson and Ellie Johnson. Free and open to everyone.

| Monday | | | |
|--------------|-----------------------------|------------------------|---------------|
| 9:30-10:30a | Mixed Level | Hudson & Virtual | Nealee |
| 5:45-6:45p | Mixed Level | River Falls | Monica |
| 6:00-7:00p | Yoga for Hips + Glutes | Hudson & Virtual | Tracey |
| 7:00-8:00p | Calming Candlelight Flow | River Falls | Monica |
| Tuesday | | | |
| 9:30-10:30a | Gentle Yoga | Hudson & Virtual | Sam |
| 12:15-1:00P | Lunchtime Yoga | River Falls & Virtual | Tracey |
| 5:45-6:45p | Core & More | River Falls & Virtual | Kelsey |
| 6:15-7:15p | Lukewarm Detox Flow | Hudson | Deb |
| Wednesday | | | |
| 8:15-9:15a | Core & More | Hudson & Virtual | Dana |
| 9:30-10:30a | Gentle Yoga | River Falls & Virtual | Nealee |
| 5:30-6:30p | Yin Yoga | Hudson | Tori |
| 5:30-6:30p | Yoga for Pregnancy | River Falls | Kelsey/Nealee |
| 5:30-6:30p | Barre Yoga | Hudson | Dana/Kelsey |
| 6:45-7:45p | Gentle Yoga | River Falls & Virtual* | Kelsey/Nealee |
| Thursday | | | |
| 6:00-6:45a | Mixed Level Express | River Falls & Virtual | Kelsey |
| 8:00-9:00a | Mixed Level Yoga | Hudson & Virtual | Deb |
| 9:30-10:30a | Hatha I Yoga | Hudson | Lucy |
| 10:45-11:45a | Chair Yoga | River Falls & Virtual | Jackie |
| 5:30-6:30p | Lukewarm Strength & Stretch | Hudson | Tori |
| 6:00-7:00p | Mixed Level | River Falls | Ashley/Ali |
| Friday | | | |
| 9:30-10:30a | Mixed Level | Hudson | Dana |
| 9:30-10:30a | Gentle Yoga | River Falls & Virtual | Jackie |
| 10:45-11:45a | Somatic Movement | River Falls | Jackie |
| 5:45-6:45p | Restorative Yoga | Hudson & Virtual | Angela |
| 6:00-7:00p | Detox Flow | River Falls | Ali/Shannon |
| Saturday | | | |
| 8:00-9:00a | Mixed Level | Hudson | Jen |
| 8:15-9:15a | Focused Flow | River Falls | Tovah |
| 9:30-10:30a | Flow & Restore | River Falls & Virtual | Tovah |
| 9:30-10:30a | Yoga for Pregnancy | Hudson | Kelsey/Nealee |
| Sunday | | | |
| 8:00-8:45a | Mixed Level Express | Hudson & Virtual | Angela |
| 9:00-10:00a | Lukewarm Stretch | Hudson & Virtual | Angela |
| 10:00-11:00a | Mixed Level | River Falls | Anjelica |
| 4:00-5:00p | Flow & Restore | Hudson | Tori |

*Wednesday Night Gentle Yoga will be offered virtually every other week

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

| | | Senior (60+)/Student |
|-----------------------|------------|----------------------|
| 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 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! \$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 \$95

3-pack \$255

Email help@inspiringactions.com if interested.

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

1370 Hosford Street - Hudson, WI 54016 - 128 South Main Street - River Falls, WI 54022