

June

2019

Wellness Classroom Schedule

Reservations Required, Space Limited. Call 724.879.4251 to reserve your class!

Ask about Special Discounts for clients utilizing multiple therapies.

YOGA (\$15/Class or \$125/10)

Private Lessons (\$55)

PRANAYAMA (\$35/per person)
JUNE SPECIAL
 \$30 for one or \$50 for two.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Yoga with Michelle Clark 10:00 – 11:00 a.m.
3 Yoga with Michelle Clark 8:00 – 9:00 a.m.	4	5 No Yoga – Michelle's Vacation	6 Hopeful Hour 12:00 – 1:00	7 Yoga with Christina Lee 4:00 – 5:00 p.m. 5:00 – 6:00 p.m. 6:00 – 7:00 p.m. Pranayama in the Salt Room 7:00 – 8:00 p.m.	8
10 No Yoga – Michelle's Vacation	11	12 Yoga with Christina Lee 7:00 – 8:00 p.m.	13 Hopeful Hour 12:00 – 1:00	14 Yoga with Christina Lee 4:00 – 5:00 p.m. 5:00 – 6:00 p.m. 6:00 – 7:00 p.m. Pranayama in the Salt Room 7:00 – 8:00 p.m.	15 Yoga with Michelle Clark 10:00 – 11:00 a.m.
17 Yoga with Michelle Clark 8:00 – 9:00 a.m. Yoga Basics Sampling & Pranayama with Christina Lee 6:30 – 8:15 p.m. (\$45)	18	19 Yoga with Michelle Clark 7:00 – 8:00 p.m.	20 Hopeful Hour 12:00 – 1:00	21	22 Yoga with Michelle Clark 10:00 – 11:00 a.m.
24 Yoga with Michelle Clark 8:00 – 9:00 a.m. Vascular Therapy Results by BEMER 6:00 – 8:00 p.m.	25	26 Yoga with Michelle Clark 7:00 – 8:00 p.m.	27 Hopeful Hour 12:00 – 1:00	28 Fierce & Feminine With Christina Lee 5:45 – 7:00 p.m. (\$25) Pranayama in the Salt Room 7:00 – 8:00 p.m.	29 Yoga with Michelle Clark 10:00 – 11:00 a.m.

Skip Lunch and Join Us for Hopeful Hour

Join Sage Wellness Practitioners as they lead small groups of six in guided conversation around the benefits of various treatment modalities offered at Sage Wellness Center and hear how products and practices may support your Mind & Body Rejuvenation for Whole Health Recovery!

Join Christina (Tina) Lee, ERYT, Instructor

YOGA BASICS / PRANAYAMA

This two-part class will take place Monday, June 17, 5:30 – 7:15 PM

\$40*

Enjoy a sampling of vinayasa style movement along with traditional poses and freestyle yoga dance designed to benefit any experience level and all fitness types. Stick around for the ultimate cool down / meditation in our one of a kind Himalayan Salt Room with a super effective and totally relaxing Pranayama class for breathing tips and techniques to compliment your yoga practice, your workout routine, and to enhance your lifestyle! Small classes ensure personalized attention for a one of a kind experience. (May participate in one or both 40-minute portions of the class; space limited, pre-registration required.)

FIERCE & FEMININE Workshop

Friday, June 28 (5:45 – 7:00 p.m.)

Embrace your inner diva while honoring the unique warrior that is you!

\$25*

Combine mystical belly dancing (which also happens to be a killer ab workout!) with the centering, stretching and isometrics from yoga and other diverse movement types. Add reflective, rejuvenating meditations, in addition to other fun, freeing activities designed to balance and heal. The result is increased grace, confidence, and even improved mood! In Fierce & Feminine, tap into your goddess energy, while cultivating gratitude – especially for yourself in this workshop style class that is effective and informative, as well as intuitive and super creative and cool! Small class sizes mean the ideal balance between personal attention and powerful group vibe (Space limited, three pre-registered participants required to run class.)

***Regular Sage Wellness Client utilizing multiple services, ask about the multi-modality discount!**