



BODY BALANCE
BY PHYSIOFLOW

Stay Tuned...

The new website will be revealed this month!

Thanksgiving Day Schedule HOT YOGA- 9:30 AM

Join Amy for a Hot Yoga class on Thanksgiving morning at 9:30AM. Burn the calories before you ingest them, but most importantly begin your day with intentional gratitude. We will be launching our Holiday Specials on that day as well. You will not want to miss out on these great deals!



Master Instructor Desiree Rambaugh!

We at Body Balance are excited about this opportunity to study with one of the best, we hope you can join us. When you register, let them know that Body Balance sent you.

SIGN UP TODAY!

Make Every Moment Yoga

Nov 14th-15th
Saturday 10-12:30 and 2:30-5
Sunday 9-11:30 and 1-3:30

please
join
us

Desiree Rumbaugh



desireerumbaugh.com

Treat yourself to a transformative yoga weekend with Desiree Rumbaugh, certified in Iyengar and Anusara Yoga. She is an innovator who continues to evolve her own practice in order to continually share it with others.

Recently, Desiree has been studying with Functional Manual Physical Therapists and a Rolfer in order to keep her own body in a state of harmony. This workshop will be very beneficial to both students and teachers who are interested in staying safe while getting stronger and more flexible in body and mind. You will learn many new ideas that will help you stay strong and feel more free through your asana practice.

EVENT LOCATION: Double Tree by Hilton Hotel Conference Center
50 Kingsmill Road, Williamsburg, Virginia, 23185

HIP OPENERS: Unbounded Freedom - For relief of back and knee pain, these poses rock
BACKBENDS: Energy Medicine For the Soul - Wait till you see how great your back, neck & shoulders will feel after this class

FORWARD BENDS & TWISTS: Your Sacred Spine, Fluid and Free - These poses done properly are enormously beneficial for the spine

ARM BALANCES: The Feeling State of Empowerment--Learn how to stand on your own two hands, it builds strength and it's fun!

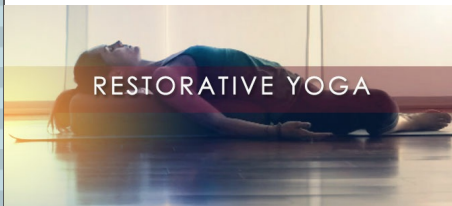
for more information 757 345 5900

Early Bird (before October 16th)
Total Weekend \$ 180.00
Per session \$ 55.00

After OCTOBER 16
\$ 200.00
\$ 60.00

SPONSORED BY
**VIRTUES
STUDIO**

to register online go to
virtuesstudio.com



Workshops

Thank you to all those who came out for our Workshops last month! We had a great time and enjoyed your energy and enthusiasm. We look forward to seeing you at future

workshops. This month join us for the following:

Meditation with Restorative Yoga with Shomer

Wednesday November 11

6:30-8PM (meditation first)

[Sign up today!](#)

Essential Oils with Missy and Asha

Intro Class

Tuesday November 17

12:30PM

[Sign up today!](#)

Hormone Balance

Sunday November 22

3PM

[Sign up today!](#)

Pelvic Floor Workshop

Saturday December 5

2-4PM

[Sign up today!](#)

Karma Yoga Saturday November 21 4PM

Body Balance will be offering a Karma Yoga class one time a month. This class will vary depending on who is teaching that week. The only cost for the class is as much Good Karma as you can spare.



buddha balance
YOGA SCHOOL

Teacher Training Begins January

Join Buddha Balance Yoga School to take your practice to the next level. You will also earn the skill set and the credentials to teach. We look forward to transforming with you!

[More Details Here](#)



See what's happening on our social sites:

