

Join us this month for exciting workshops and new classes!



**BODY BALANCE**  
BY PHYSIOFLOW

## October News

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### Workshops Coming This Month

#### **KIDS YOGA WORKSHOP with Pauline**



Join Pauline for a Kids Yoga Workshop. This class will introduce yoga postures, breathwork and relaxation as well as fun techniques for gaining strength and flexibility. Using movement, stories, and games to make yoga fun! Geared toward children 4-9.

**Saturday**

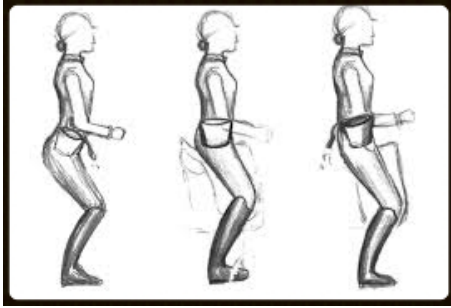
**October 24**

**11:30-1PM**

**[CLICK HERE TO SIGN UP](#)**

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**PELVIC FLOOR: Foundation for  
Support Workshop with Florina**



This workshop will offer a step by step mastery of the pelvis, it's anatomy and function, as the foundation for stability in the entire body. Open to all, including men and women, who want to learn and grow in their own deep understanding of how their body operates thru movement on

multiple levels, including daily motion, and exercise. Help improve your posture and efficiency whether you are looking to deepen your yoga/pilates/barre practice or looking to relieve pain from chronic issues such as arthritis, this workshop will help. All levels and ages welcome!

Saturday  
October 24  
2-4P

[CLICK HERE TO SIGN UP](#)

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## Essential Oils Workshops with Asha and Missy



Come experience the power of essential oils. Learn how you can enhance your health and well being with oils. Classes are open to all.

Already have oils and you have questions about their use? Bring your questions too!

Introduction to Essential Oils  
October 8  
7-8PM

[CLICK HERE TO SIGN UP](#)

Introduction to Essential Oils  
October 20  
12-1PM

[CLICK HERE TO SIGN UP](#)

Emotional Wellness and Essential Oils

October 25

2-3PM

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## **NEW CLASSES !!!!**

We've added some new classes to our regular schedule. Please check them out!

**CORE to THE FLOOR with BARRE with Florina**

Tuesday- 5:30PM

Thursday- 9AM

**GENTLE YOGA- with Missy and Amy**

Tuesday and Thursday- 10:30AM

[CLICK HERE TO SIGN UP](#)

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## **SPOTLIGHT ON SERVICE**

This month's teacher is Colleen Wellinghoff. when asked why she teaches yoga Colleen happily responded:

"I teach to share with others how great you can feel when you allow yourself to completely embrace the practice. The results are amazing.... you walk off your mat energized yet relaxed, open yet intact, inspired and awakened. There is nothing like it!"



You can find Colleen teaching regularly:

Monday and Wednesday- Hot Yoga at 8:30AM

Sunday- Hot Yoga at 5PM

Friday- Vinyasa at 10:15AM

**Thanks Colleen for sharing your passion of yoga with us!**

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www.bodybalancewilliamsburg.com

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