

It's a PARTY!



BODY BALANCE
BY PHYSIOFLOW

OPEN HOUSE

September 11-13

The Body Balance Family request your presence....
For the grand re-opening of Body Balance by Physioflow.

FREE CLASSES, WORKSHOPS, STUDIO TOURS, LIVE MUSIC, AND
REFRESHMENTS!

Don't miss the door prizes and raffles either!

Grand Opening Schedule:

FRIDAY

4PM: Vinyasa- All Levels

5:45PM: Hot Yoga- All Levels

7:30PM: Meditation

SATURDAY

8AM: Hot Vinyasa- Intermediate

9:30AM: Hot Yoga- All Levels

10AM: Kid's Yoga

11-3PM: Information and Tours- Food and Live Music!

3PM: Essential Oils Workshop

4:30PM: Vinyasa- All Levels

5:00PM: Kid's Yoga

6:00PM: Guided Meditation

SUNDAY

8AM: Hot Vinyasa- Intermediate

9:30AM: Hot Yoga- All Levels

11:30AM: Prenatal Yoga

12PM: Yoga 101 Workshop- Learn the fundamentals of developing a yoga practice- Beginners

1:30PM: Break Down Your Dog- Learn the foundation of the Down Dog- Beginner

3:00PM- Learn to Fly- Learn the foundation of an Arm Balance Practice with focus on "crow"- Beginner

5:00PM- Hot Yoga- All Levels

[Click here to reserve your spot.](#)

NEW CLASS BEGINNING

September 15

CORE TO THE FLOOR BARRE

Our pelvic floor creates the foundation of our whole muscular skeletal system.

Core to the Floor Barre will strengthen the deep muscles that make up the pelvic floor.

By using small, specific, and three dimensional movements, you will not only create strength and stability for the core, but also tone, lift, and shapes the gluteus. Suited for all levels, this class will provide a challenge to all!

**New
Class
Alert!**

Tuesday 5:30PM

Thursday 9:30AM



Spotlight on Service

This month we would like to introduce you to our Yoga Instructor Laura Lentz. Laura has been teaching Hot Yoga at Body Balance since 2009 after receiving her first 200HR YTT at the studio. In 2010 she completed a 500HR Advanced YTT with Rolf Gates.

In Laura's words: "I love teaching at Body Balance because of the people it has brought into my life. Body Balance has made my life richer than I could have ever imagined! Yoga at 60 with the Body Balance Bunch, teachers and students, is **AWESOME!**"

You can meet Laura on your mat on Thursday at 10:15AM for Hot Yoga.

BODY BALANCE STUDIO ~ 370 McLaws Circle ~ 757.221.0774

STAY CONNECTED:

