



# The Journey Within...

NOURISHING SPIRIT, MIND, AND BODY  
 1645 WARWICK AVE SUITE #224 401-215-5698  
 JANUARY 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
9:45 - 10:45 am Gentle Yoga (Erika)		9:00 - 10:00 am All Levels Yoga (Melissa)	9:15 - 10:15 am Gentle Yoga (Melissa)			
			4:15 - 5:00 pm Kids Yoga (Melissa) \$5 per child	4:15 - 5:15 pm Yoga Sculpt *In B.I.A. Fitness* (Melissa)	5:30 - 6:30 pm Chakra Yoga January 20th ONLY (Melissa)	
			6:15 - 7:15 pm Heated Power Flow (Melissa)	6:45 - 7:45 pm Heated Yoga (Melissa)	6:45 - 7:30 pm Guided Meditation January 20th (Melissa) Non-Members: \$10	

\* Minimum of 3 participants for all classes to be held

Class sign up lists come out EVERY SATURDAY for the week ahead.  
 Sign up for classes by calling (401-732-2899) or stopping by the front desk of B.I.A. Fitness.  
 For any no-shows or cancellations with less than 5 hours notice, accounts are charged with a \$5 cancellation fee.

\$10 class drop in fee for all non-members

\*Please read class descriptions on the back to find your ideal class\*

# Class Descriptions

<b><u>Gentle Yoga-</u></b>	This gentle class combines Yoga postures with gentle meditation and breathing techniques. Class is geared towards students who wish to move at a slower, more relaxed pace, while still receiving all the benefits of Yoga. <b>ALL LEVELS</b>
<b><u>All Levels Yoga-</u></b>	This class is for all and will use various teaching styles. Through Yoga poses, breathing techniques, and relaxation, increase your strength, flexibility, balance, and awareness of the present. Modifications and props are always offered. <b>ALL LEVELS</b>
<b><u>Heated Yoga-</u></b>	Our all levels Yoga class, in a heated room, allows the body to detoxify internally and externally. The muscles warm nicely in a heated room, allowing for increased flexibility. Modifications and props are always offered to accommodate all levels. <b>ALL LEVELS</b>
<b><u>Heated Power Yoga-</u></b>	For students wishing to deepen their practice. In this heated class we will explore more challenging posture and you will discover that when your mind, body, and spirit work together you can accomplish amazing things! <b>INTERMEDIATE LEVEL</b>
<b><u>Yoga Sculpt-</u></b>	An all level yoga class using light weights to enhance the benefits of the poses and increase your overall strength. <b>*Held downstairs in B.I.A. Fitness*</b> <b>ALL LEVELS</b>
<b><u>Chakra Yoga-</u></b>	A gentle practice to clear and balance your energy centers. We conclude our practice with a 15 minute guided meditation to heal the chakras. <b>ALL LEVELS</b>
<b><u>Kids Yoga-</u></b>	With basic instruction and games, children learn yoga postures, breathing techniques, and relaxation in a fun and safe environment. <b>\$5 PER CHILD</b>
<b><u>Guided Meditation-</u></b>	We begin with a few tension relieving stretches and then move on to a guided relaxation. Join us to relax and reclaim energy and balance in your life. <b>Members: FREE    Non-members: \$10</b>

## ***If you are new to Yoga:***

**Consider trying an All Levels Yoga or Gentle Yoga class before jumping into more advanced classes, like Heated and Heated Power Yoga. We look forward to you joining us!**