

In-Balance Yoga Events

Sat., 4/15, 12-1pm Community Class: Intro to Hot Yoga with Nicole

Sat., 4/15, 1:30-2:30pm Community Class: Intro to Yoga Basics with Joanna

New to yoga or want to understand alignment better in each pose? Join Joanna Yates and Nicole Boyle for two free workshops on Saturday, April 15th. Come learn the basics with us. Let's get started!

Thurs., 4/20, 4-5:30pm Community Spring Hike + Earth Flow/Meditation with Nicole

In honor of spring and earth day, join us for a community hike! Take advantage of movement outside! We will meet in the Falls Ridge Preserve parking lot, complete the hike and practice a grounding Earth Flow Sequence. Let Nicole or Keala know if plan to attend so we won't start the hike without you! Bring closed toe shoes, yoga mat and water. No charge to attend.

Directions to Falls Ridge Preserve:

<https://www.nature.org/ourinitiatives/regions/northamerica/unitedstates/virginia/placesweprotect/falls-ridge-preserve.xml>

Fri., 4/21, 5:30-7pm Come Hang With Us & Preview the New Studio: 1512 N. Main Street

Check out the new space. Stop by anytime between 5:30 –7pm!

- We will have new: "Move With Us" merchandise
 - Tour the Studio
 - Build Community

Excited for the next step! Opening day July 2017!

Sat., 4/22, 12-1pm Donations Flow with Leia to Raise Awareness for Sexual Assault

April is Sexual Assault Awareness month. Join Leia in a flow class to raise awareness.

See In Balance Yoga on Exhale to Inhale's event page: <http://exhaletoinhale.org/yoga-studios/>

Sat., 4/22, 2:30-3:30pm Community Yoga Breast Cancer Patients/Survivors with Karen C.

A couple of years ago, Karen C. had the opportunity to take a free course from the Christina Phipps Foundation, which teaches yoga instructors how to teach a class for breast cancer survivors and patients currently going through treatment for breast cancer

The class had physicians, physical therapists, oncologists, plastic surgeons, etc. speaking and educating the group as to what breast cancer patients/survivors are going through, or could be going through. The class has also proven to be beneficial to the group as survivors and patients supporting one another.

Save the Date and join us and Karen on 4/22 from 2:30-3:30 pm for this FREE Community Class!

This class is specifically for breast cancer patients + survivors. Thank you!

See Collegiate Times video and article about this event:
http://www.collegiatetimes.com/multimedia/in-balance-yoga-offers-free-class-for-breast-cancer-patients/youtube_f9887bfe-0e93-11e7-b0e9-eff94594519c.html

Wed., 4/27 and 5/31, 2:45-3:45pm Community Chair Yoga with Karen C.
Free Community class for any age, ability or level. Practice gentle movement with a chair and end with a mindful meditation!

Sun., 4/23 and 5/28, 3-3:50pm Itsy Bitsy Yoga with Candy
Join us Sunday, 4/23 & 5/28 from 3 - 3:50 pm for Itsy Bitsy Baby Yoga (from crawling to age 4!) Breathe, bend & bond with your toddler! A fun-loving, supportive, and active yoga practice filled with dozens of Itsy BitsyYoga Yoga® poses designed just for your toddler. At a time when children naturally explore movement, Itsy Bitsy Yoga® builds confidence in their moving bodies, and encourages their creative spirit both in and out of class.

Wed., 4/26, 9-10pm Donations Hot Yoga for Students Helping Honduras
Students Helping Honduras Hot Yoga Fundraising Night! All proceeds go toward the construction of la Escuela Santa Fe in Honduras, the school that Virginia Tech volunteers broke ground on over winter break. A \$10 donation = 5 bricks in the school. Para los niños!

Sat., 4/29, 1-2pm Donations Yoga to Raise Awareness for Autism with Ellen
Join Ellen for a class to raise awareness for Autism. 100% of the proceeds will support families with children with autism throughout Costa Rica.