



FEBRUARY

- Our EATery will be closed for a short winter break from 2/2-2/18.
- Our MARKET will be open 7 days a week 10a-2p.

EVENTS & AUTHENTIC CLASSES

Partner Yoga with Shawn

Wednesday, February 13th 5:45pm-7:15pm

Join us for a fun creative way to celebrate Valentine's Day! The purpose of partner yoga is to deepen and expand your yoga practice. Partner poses work mainly by adding resistance. Your muscles can relax and stretch while your partner's resistance help your limbs stay in the pose. Connect with and support each other, build trust, communication and balance. Most of all, it'll be fun! (friends make great partners too!) Cost is \$15

Game Night in the EATery

Thursday, 14th 6:30pm-8:30pm

Game night for all ages in the EATery! We will have board and card games available but feel free to bring your own game if you'd like. The kitchen will be open for food and drinks. Creation Station is letting us use some of their games for our Game Night and are also sending coupons!

Yoga Play & Breathing for Kids with Christy

Monday, February 25th 4pm-5pm

Movement and games that incorporate yoga tool and techniques for a fun spin on the practice. Cost is \$10

Yoga for Scoliosis Support with Christy

Monday, February 25th 5:30pm-6:30pm

Learn management tools to cope with sensations and symptoms related to chronic misalignments. Cost is \$10

Healing Touch Yin with Shawn

Wednesday, February 27th 5:30pm-6:30pm

Learn the art of letting go. Create stillness and melt stress away. Poses are grounding and done seated or lying down. The goal is to eliminate any muscle activation and let gravity take over. Leave feeling relaxed and refreshed. A light touch may be offered by instructor during class. During Savasana, a healing touch will be offered for your head, neck and feet. Cost is

\$10