



## CommuniTEA

We have our license and we open soon! We are working on staffing, drink menu, and establishing personal CommuniTEA accounts where you can charge your drink or food items to your account. See below for details.

### *CommuniTEA ACCOUNT*

As a convenience to you, we are inviting you to establish an ICY VIRTUAL ACCOUNT (no gift card needed) to quickly and easily purchase tea, coffee and food items from our CommuniTEA cart.

You may set up an account with ICY by putting a certain amount of money on your account (\$25 increments). This works like a gift card, except it is a virtual card! When you purchase any CommuniTEA item, you provide us with your first and last name and say, “put in on my account.” You can look at your account at any time on the Mind Body App. The benefits of a virtual account are:

1. You can purchase tea or food items quickly and easily.
2. You don’t need to bring cash or credit card in the studio with you.
3. You can charge CommuniTEA items on demand.
4. Any account balance not used for CommuniTEA may be used for Rock Salt Therapy, gift shop items, or to purchase a new yoga package. *\* There are no cash refunds for this account.*

Please see someone at the front desk to set up your account.

## Rock Salt Therapy

Join us in ICY’s Rock Salt Therapy Room! Salt Therapy is a natural and holistic treatment that has been known to aid in detoxifying the respiratory system, healing skin conditions, promoting better breathing, sounder sleep, and overall wellness. **Halotherapy offers the best results**

**when practiced regularly.** The benefits are cumulative, and consistency and frequency are key to its success. Those with chronic issues benefit greatly by visiting our salt room at least 3-4 times a week. People who are proactive with their healthcare and want to incorporate salt therapy into their regular wellness routine benefit from a weekly session. Halotherapy is safe to use daily, if desired.

Halotherapy's birthplace is St. Petersburg, Russia and Alina Chervinskaya, M.D., conducted early research and observations with her patients. Much of the research has been conducted in Europe where it is a popular form of natural treatment. Specific studies can be found here: <http://salttherapyassociation.org/research-education/research-articles/>. Open site, go to Resources at the top of the page and open Research Articles.

Save \$15 on individual Rock Salt Therapy Visits (regularly \$35, **now \$20**).  
*For a LIMITED TIME only.*



## Classes

**\$10 Time:** You can take any of our 4:30 pm classes for **\$10 CASH** (no credit cards, no checks)! If you have a membership, this won't affect you. If you have 10-visit pass, you may want to **PAY CASH** for 4:30 pm classes and use your other visits for other scheduled class times (\$10 is LESS than your pass visits). BRING FRIENDS! This is the BEST deal in town!!!

**ASHTANGA:** A new class to ICY and Castle Rock and the ONLY place that teaches it. This dynamic, physically demanding practice synchronizes breath and movement to produce an internal heat designed to purify the body. Ashtanga yoga, with its many vinyasas, is great for building core strength and toning the body. Prepare to sweat as you briskly move through a set sequence. Ashtanga Yoga was founded by K. Pattabhi Jois. Thursdays at 9:30 am; Sundays at 8:00 am

**Yoga Basics:** New time on Tuesdays at 10:30 am (also 6:30 pm Wednesdays). This class is designed for first time yogis and for those who wish to review the fundamentals of yoga. Learn about poses, alignment, breathing, and use of props. You'll walk out feeling embodied, empowered, energized, and eager to come back!