

Yoga Class Definitions

A place to start...

Flow Relaxation—This class is the perfect place to start. Recommended for beginners or someone wanting a gentle class. Friendly and knowledgeable instructors will walk you step by step through the basics. This is a slower movement class that will work on improving stamina, strength, and flexibility.

Lunch Break Yoga—Too busy to squeeze in a full yoga practice in the day or after work? This class is 40 minutes and will help you feel more focused and balanced. A great stress and anxiety buster—you will feel recharged. Nourish your body and soul in this no-sweat class.

All levels—Stretching, strengthening and balance postures, with focus on body alignment and breathing, suitable for all levels of practice—whether beginner or advanced. This class is a perfect way to introduce your friend to yoga!

Hatha Flow—A more challenging yoga practice that produces an extraordinary result while being accessible to all levels and abilities. Learn basic pranayamas (breathing) while cleansing your mind, increasing power, self control, and concentration.

Energizing Flow—Be prepared to sweat as you are guided through a flowing sequence of postures designed to build strength, increase flexibility and relax your mind. You will leave feeling vibrant, energized and centered.

Traditional Meditation Flow—A traditional yoga class, complete with meditation, chanting and energy.

For the more experienced yogi/yogini...

Vinyasa Flow—This class links postures with breathing, while sustaining correct alignment, allowing students to progress at their own pace with expert guidance.

Hot Yoga is a powerful exercise system that can help you to experience incredible levels of health and well being. A vigorous workout in a heated room vitalizes and restores your body.

Specialty Groups:

Pilates Flow—A flow of Pilates and yoga. Combines Pilates floor work with yoga to strengthen and develop a greater awareness of the body's core.

Pre- and Post-Natal Yoga—Enjoy your pregnancy with yoga stretches and relaxing movements.

Yoga for Inflexible People—Our gentlest and slowest class. Recommended for people recovering from injury, with chronic conditions, or who experience physical limitations (coming soon).

Yoga for Kids—A natural and healthy way to exercise, relax, focus and strengthen the mind and body. Yoga games, breathing exercises and wonderful self-help therapies for hyperactivity have helped children's health and well being (coming soon).

Mommy and Me—Experience the joy of yoga while bonding with your baby, toddler & preschooler (coming soon).

Personal Training and private instruction available.

Wyoga Studio is located across Douglas Highway from Walmart—next to Midas and Fed Ex.

**810 Madison Street
Gillette, WY 82718**

**For more information, please call Cindy at
307.686.2722 or 307.680.7762**



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www.wyoga.net



**Wyoga Studio—
Wyoming Yoga**

Wyoga Studio

Is dedicated to providing

**Strength,
Flexibility,
Balance,
and**

Peaceful relaxation

To everyone—

Any age,

Any size

Any shape.



Please join us!

Yoga is the union of body and mind. Yoga and Pilates are the two leading forms of mind/body fitness. Practiced regularly, they can benefit every aspect of our lives, from our posture to our moods, our physical well-being to our sense of happiness and peace.

Instructors:

Cindy Borchgrevink, RYT, owner, certified yoga and Pilates instructor, certified personal trainer

Michael Barrett, yoga instructor

Marta Berry, certified yoga instructor

Laura Dahlman, certified yoga instructor

Tina Hutt, certified yoga instructor

Tracy Jerred, certified yoga instructor

Angel Rogge, Pilates instructor

To get the greatest benefits from your Yoga experience:

- Wear loose, comfortable clothing that allows for easy movement. We practice in bare feet.
- Plan to attend five (5) beginner classes before progressing to next level.
- Yoga is best practiced on an empty stomach. Allow at least two hours after a full meal.
- Bring a bottle of water and sweat towel.
- Be sure to inform your instructor of any medical conditions or injuries prior to class.
- The beginning of class is important—please arrive 7-10 minutes before class starts.
- Gather a mat, blanket, block and strap to help you with the asanas (postures).
- Please no cell phones or pagers—the exterior world won't need you at this time.
- Go at your own pace, work it easy and slow, listen to your body. Instead of trying to go as deeply or completely into a pose as others might be able to do, do what you can without straining or injuring yourself. Adopt a loving and compassionate attitude toward yourself. Yoga is a personal, non-competitive, and internal experience.
- Enjoy the practice—yoga is a unique experience.
- We provide all yoga props (blocks, straps, and blankets), although for hygienic purposes, we recommend that you provide your own mat.
- Yoga items are available for sale through Wyoga Studio. Please ask us!

Class Prices:

**NO joining fees
NO membership fee**

**3 months
unlimited=
55% savings!**

Introductory Special— First time students only—10 days for \$20 (10 consecutive days of classes).	
Personal Training/One-on-One session	\$20.00 ea.
Private Yoga session for your business or group—your own time slot	\$15.00 ea.
Single class/Drop in	\$ 8.00
5 Class Pass card	\$ 32.00
7 Class Pass card	\$ 40.00
10 Class Pass card	\$ 52.00
1 Month Unlimited Individual Pass	\$ 60.00
3 month Unlimited Individual Pass	\$160.00
Student — Single class/Drop in	\$ 5.00
Student (with ID)—1 month unlimited	\$ 50.00
3 month unlimited	\$125.00
The Buddy System— 1 month unlimited per buddy	\$ 50.00
3 months unlimited per buddy	\$140.00
Ask about our Senior discounts.	
Corporate, school district or family packages available.	
Gift certificates available!	

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