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|  | **~ Feburary 2018 ~** | | | | |  |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  | 1  4:30p Hatha  6:00 Beginner's Yoga  7:15pm Somatics  7:30pm Meditation **@** The Workshop (Downtown) | 2  9:00a Good Morning Yoga  RTY200 **In-Depth Study**  4:00pm-10:00pm  7:15pm-10:00pm 8 Limbs of Yoga and Yoga Nidra | 3.  9:00am Hatha  RTY200 **In-Depth Study**  8:00am-9:00pm |
| **4** RTY200 **In-Depth Study**  7:00am-3:30pm  12:00-1:30pm Overview of the Chakras  1:30-3:30pm Introduction to the Bhagvada Gita  5:00pm Somatics  6:45pm- Restorative | 5  9:00a Good Morning Yoga  5:00p Vinyasa Flow  6:15p CORE  7:30p Restorative | 6  4:30p Hatha  6:00 Beginner's Yoga  7:15pm Somatics | 7  9:00a Good Morning Yoga  5:00p Vinyasa Flow  6:15p CORE  7:30p Restorative | 8  4:30p Hatha  6:00 Beginner's Yoga  7:15pm Somatics | 9  9:00a Good Morning Yoga  4:30pm Restorative | 10  9:00am Hatha  Awakening **Mini-Retreat** for Women 10am-2pm |
| **11**  Prenatal Yoga **Workshop**  11am-12:30pm  5:00pm Somatics  6:45pm- Restorative | 12  9:00a Good Morning Yoga  5:00p Vinyasa Flow  6:15p CORE  7:30p Restorative | 13  4:30p Hatha  6:00 Beginner's Yoga  7:15pm Somatics | 14  9:00a Good Morning Yoga  5:00p Vinyasa Flow  6:15p CORE  7:30p Restorative | 8  4:30p Hatha  6:00 Beginner's Yoga  7:15pm Somatics  7:30pm Meditation **@** The Workshop (Downtown  Sugar Lake Lodge **Retreat**  6pm Thurs- 12pm Sun | 16  9:00a Good Morning Yoga  4:30pm Restorative  6:00pm Couple’s **Social Yoga**  Sugar Lake Lodge **Retreat**  6pm Thurs- 12pm Sun | 17  9:00am Hatha  Beginner's **Workshop** at Snap Fitness 10:30a -12pm    Sugar Lake Lodge **Retreat**  6pm Thurs- 12pm Sun |
| **18**  5:00pm Somatics  6:45pm- Restorative    Sugar Lake Lodge **Retreat**  6pm Thurs- 12pm Sun | 19  9:00a Good Morning Yoga  5:00p Vinyasa Flow  6:15p CORE  7:30p Restorative | 20  4:30p Hatha  6:00 Beginner's Yoga  7:15pm Somatics | 21  9:00a Good Morning Yoga  5:00p Vinyasa Flow  6:15p CORE  7:30p Restorative | 22  4:30p Hatha  6:00 Beginner's Yoga  7:15pm Somatics  7:30pm Meditation **@** The Workshop (Downtown) | 23  9:00a Good Morning Yoga  RTY200 **In-Depth Study**  4:00pm-10:00pm | 24 9:00am Hatha  RTY200 **In-Depth Study**  8:00am-9:00pm  10:30-1:30PM Into To Meditation  7:30-9:00pm Overview of the Chakras |
| **25** RTY200 **In-Depth Study**  7:00am-3:30pm  9:30am-11am: Nada Yoga (Sound Therapy)  12:00pm-1:30pm- Laugh Yoga  5:00pm Somatics  6:45pm- Restorative | 26  9:00a Good Morning Yoga  5:00p Vinyasa Flow  6:15p CORE  7:30p Restorative | 27  4:30p Hatha  6:00 Beginner's Yoga  7:15pm Somatics | 28  9:00a Good Morning Yoga  5:00p Vinyasa Flow  6:15p CORE  7:30p Restorative |  |  |  |

Walk-ins Welcome

**Pre-Register at** [www.replenishliving.com](http://www.replenishliving.com)

## ­Hatha

Join us for a class designed to be beginner friendly as well as adaptable for even the most advanced student. Hatha Yoga is one of the most popular and familiar yoga styles. Great for flexibility, strength, core and relaxation all in one!

**Beginner’s Yoga**

This is a class for those who are curious about starting yoga or even have questions about advancing one’s practice. This class encourages opportunity for conversations and questions while learning new techniques in a safe environment.

**Vinyasa**

Advanced movements. Smooth flowing and faster paced. Some experience required**.**

**Restorative Yoga**

We quiet the mind, release the body and relax into a variety of restorative poses leaving the body renewed, refreshed, restored! A wonderful combination of well supported yoga and meditation. **Beginner friendly**.

**Somatics**

Somatics yoga offers an incredibly subtle but effective way of working with the body, focusing on the use of small, slow and gentle movements to re-educate the brain, enabling us to relax and move these muscles more functionally

**CORE**

Core yoga class explores the muscles and healthy function of our body's full anatomical core. You’ll learn how to connect to your core with breath and asana in order to develop stability, flexibility and strength.

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SOCIAL YOGA in February

Join yoga instructor, Niki Bergstrom for a lovely Valentine's Partner Social Yoga with chocolate and wine.

All varieties of couples are welcome - come with you loved one or special friend for an evening of companionship and fun. Niki will guide you through a partner practice of supported stretches and yoga movement\*\*. We will end the evening with a guided meditation after we share a toast to another year together!

\*\*There is **no experience necessary**. Beginners are welcome. All challenge poses are optional.

Limited space is available! Register your couple today!

**In-Depth Study: Replenish is not only a yoga studio for classes and workshops but we also train instructors and offer an 200 Hour In-depth study. On special occasions we invite you to join on this journey were you feel moved. If you’re interested in learning any yoga philosophy, chakras and different types of yoga then please see our schedule for list of available opportunities.**

**Meditation with Christa  
at The Workshop, 323 3rd Street, Int'l Falls**

The best meditation is the kind that works for you, wherever you are in your life.

Christa will guide you on how to quiet your mind with simple practices and tips you can take with you into your everyday life. 1st and 3rd Thursday of the month starting September 21.

We want to hear from you ~

Not seeing a class, yoga style or event you are interested in? Without YOU, there is no US. Please reach out to us for feedback, concerns, kudos and thoughts. Your input helps us create a growing yoga experience reflective of our cherished students.

We are ever so grateful ~

Email: [replenishliving@gmail.com](mailto:replenishliving@gmail.com)

Or Find us on:

   



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“Most people have no idea

how good

their body is designed to feel”