|  |  |  |
| --- | --- | --- |
|   | **~ July 2018 ~**  |   |
| **Sun**  | **Mon**  | **Tue**  | **Wed**  | **Thu**  | **Fri**  | **Sat**  |
| 1**10am Looney’s Deck Yoga**6:00pm Restorative | 29:00a Good Morning Yoga5:00p Vinyasa Flow 5:30pm SUP (PaddleBoard) | 37:00am Good Morning Yoga4:30p Hatha**6:00pm Rain or Shine @ Sha-Sha** | 49:00a Good Morning Yoga5:00p Vinyasa Flow  | 57:00am Good Morning Yoga4:30p Hatha5:30pm SUP (PaddleBoard)**7:30pm Meditation @ The Workshop (Downtown)** | 69:00a Good Morning Yoga | 7**9:45am Rain or Shine @ Sha-Sha** |
| 8**10am Looney’s Deck Yoga**6:00pm Restorative | 99:00a Good Morning Yoga5:00p Vinyasa Flow 5:30pm SUP (PaddleBoard) | 107:00am Good Morning Yoga4:30p Hatha**6:00pm Rain or Shine @ Sha-Sha** | 119:00a Good Morning Yoga5:00p Vinyasa Flow  | 127:00am Good Morning Yoga4:30p Hatha5:30pm SUP (PaddleBoard) | 139:00a Good Morning Yoga | 14**9:45am Rain or Shine @ Sha-Sha** |
| **15****10am Looney’s Deck Yoga**6:00pm Restorative | 169:00a Good Morning Yoga5:00p Vinyasa Flow 5:30pm SUP (PaddleBoard) | 17  7:00am Good Morning Yoga4:30p Hatha**6:00pm Beginner’s Workshop****6:00pm Rain or Shine @ Sha-Sha** | 189:00a Good Morning Yoga5:00p Vinyasa Flow  | 197:00am Good Morning Yoga4:30p Hatha5:30pm SUP (PaddleBoard)**7:30pm Meditation @ The Workshop (Downtown)** | 209:00a Good Morning Yoga | 21**9:45am Rain or Shine @ Sha-Sha** |
| **22****10am Looney’s Deck Yoga**6:00pm Restorative | 239:00a Good Morning Yoga5:00p Vinyasa Flow 5:30pm SUP (PaddleBoard) | 247:00am Good Morning Yoga4:30p Hatha**6:00pm Rain or Shine @ Sha-Sha** | 259:00a Good Morning Yoga5:00p Vinyasa Flow  | 267:00am Good Morning Yoga4:30p Hatha5:30pm SUP (PaddleBoard)**6:00pm BEER Yoga (ShaSha)** | 279:00a Good Morning Yoga | 28**9:45am Rain or Shine @ Sha-Sha** |
| 29**10am Looney’s Deck Yoga**6:00pm Restorative | 309:00a Good Morning Yoga5:00p Vinyasa Flow 5:30pm SUP (PaddleBoard) | 317:00am Good Morning Yoga4:30p Hatha**6:00pm Rain or Shine @ Sha-Sha** |  |  |  |  |

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**.

**Soma Yoga**

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.

.

# **Summertime Yoga!**

Saturdays: Sha-Sha Deck

Sha-Sha Resort is located on Beautiful Rainy Lake on Hwy 11. Start your weekend rain or shine with a peaceful hatha to rest your mind and be present in your body. Locals and visitors welcome!

Sundays: Looney’s Deck

Amidst the chaos of the weekend and bustle from local events, come take part in a moment of serenity and reset your alignment with gentle yoga, breathtaking views and local brews!

**PADDLE-BOARD YOGA (SUP)**

Enjoy the practice of Yoga combined with Stand Up Paddle Boarding! These classes take your favorite yoga routines and put them on the water! Yoga practice brings balance and restores all bodily systems by creating physical, mental and spiritual harmony. Both yoga and stand up paddle boarding are great for building better balance, coordination, endurance, and body strength! No better place than Rainy Lake! Location is in South Jack Fish Bay. Check email for location details for these classes.

**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. Please check calendar to register.

# 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

 Or Find us on:

    



**Replenish Living**

900 5th Street – Suite 303

International Falls, MN 56649

(218) 286-4006

replenishliving@gmail.com

[www.replenishliving.com](http://www.replenishliving.com)