



**prana**YOGA  
INSTITUTE OF YOGA AND HOLISTIC HEALTH

One Breath. One Community. Every Body.

# January EVENTS



JANUARY

5-6

## DEVELOPING A PERSONAL PRACTICE w/Linda Krebs

Jan. 5-6, Sat. & Sun. 9:15-5:15pm,  
Lunch 12:30-1:45pm

In this workshop we will learn how and why we sequence a hatha yoga beginner flow, understanding the postures at a more meaningful level for creating health and balance in our life. CEUs Given. Beginner and Beyond Workshop. Cost: \$300.

BEGINS  
JANUARY

6

## SATTVA VINYASA INTERMEDIATE SERIES

Jan. 6-27, 4 Week Series,  
Sundays 6-7:30pm

This workshop is for those of you wanting to take your asana practice to the next level with the intelligent sequencing of Sattva Vinyasa. 4 weeks of fun. Cost: \$75 – Free for Premium Members.

BEGINS  
JANUARY

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## PranaMommas® PRENATAL YOGA

Jan. 9-Mar. 13, 10 Week Series,  
Wednesdays 6-7:15pm

PranaMommas® Pre and Postnatal classes are a holistic, all-encompassing approach to supporting greater vitality, and nourishing the mind body health. Cost: \$150 – Free For Premium Members.

JANUARY

11-13

## FINDING FREEDOM: YOGA THERAPY FOR ANXIETY AND DEPRESSION

Jan. 11-13, Fri.-Sun., 9:15-5:15pm  
Join Vani (Founder, Yoga Therapist, and Ayurveda Wellness Counselor) in how yoga therapists use the ancient tools of yoga and the yoga sutras to balance our mood. Cost: \$475, Early Bird Pricing \$425 by 1/7.

BEGINS  
JANUARY

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## PranaKids KIDS YOGA SERIES

Jan. 21-Mar. 13, 8 Week Series,  
Mondays 5:15-6:15pm

(Basics adult classes meet at the same time.) Yoga can help kids feel more focused, relaxed, and at ease. Ages 6-11. Cost: \$70 – One Child Free For Members.

JANUARY

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## WOMAN'S WELLNESS THROUGH AYURVEDA

Jan. 19, Sat., 2-4pm

Join Women's Wellness Advocate, Child-birth Educator and Sattva Vinyasa Teacher Trainer, Haley Sonnigsen in a discussion and embodiment of basic yoga practices that will help balance moon cycles, hormonal imbalances, fertility, and menopause. Cost: \$35.

BEGINS  
JANUARY

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## INTRO TO AERIAL YOGA

Jan. 24-Feb. 14, 4 Week Series,  
Thursdays 7:15-8:45pm

Our Intro to Aerial 4 week series is designed to set you up with the tools and confidence to join in our Aerial Flow weekly class. Cost: \$65 – Free For Premium Members.

JANUARY

27

## NEW YEAR NIDRA: DEEP RELAXATION CLASS

Jan. 27, Sun., 2-3:30pm

Join Linda Krebs, E-RYT and Yoga Therapist, for a 90 minute deep relaxation practice. Each time you practice yoga nidra relaxation, you go deeper into the state of relaxing the mind and preparing for a deeper nights sleep, as well as a more relaxed day. Cost: \$35 – Free For Premium Members.

**MORE INFO & REGISTER ONLINE.**  
260 423-YOGA (9642) | [pranayogaschool.com](http://pranayogaschool.com)