

“In the Flow” Yoga Classes

“In The Flow” Yoga

Lots of fluid movement as we bring awareness to the different chakras (energy fields) in our bodies through specific postures, breathing, imagery and meditation. All levels welcome

Beginner Flow:

Stretching, breathing exercises, basic Yoga postures to increase flexibility and strength... All levels welcome.

Dyna-Flow:

A more dynamic approach to Yoga to raise the heart rate through aerobic exercise as well as breathing and stretching.

“Qi-Yoga-ng”

A combination of Qigong and Yin Yoga... Qigong is an ancient discipline combining concentration, breathing techniques and body movement to cultivate our vital energy. Yin Yoga stimulates the tissues as you hold the poses for a longer period of time. The combination of these two brings about balance & healing as well as a peaceful heart and mind. All levels welcome.

Zumba Gold

Combines fun latin rhythms and easy to follow dance moves to create a dynamic workout! (*Exercise in Disguise.*)

Each of these classes lasts 60 minutes. Please arrive at least 10 minutes prior to start time. Each student is responsible for knowing his/her own limits. Yoga is not about competition, but self-discovery. Come enjoy yours!

Come to a quiet place in your heart...

What deeply held dream resides there? Is there a longing or desire inside you aching to unfold? Or perhaps it is just a sense of expectancy, a knowing that has not yet been defined. But you recognize with every cell of your being its destiny is to blossom forth....

Through Yoga, workshops, meditation and more, Sage Butterfly can help lead you on a trek through body, mind & spirit.

**Current class & workshop schedule available online at:
www.sagebutterfly.com**



Check out our motivational greeting cards when you come see us! (or online at: www.vintagesentiments.com)



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Move Your Body.

Move Your Mind.

Move Your Spirit

*sage
butterfly
studio*

**yoga
*workshops
private consults

*“Every blade of grass has its angel that bends over it and whispers, 'Grow, grow.'”
- Talmud*

WORKSHOPS include....

Heart Rhythm Meditation:

Introduction to a heart-centered exercise in which you become conscious of your heart-beat and your breathing, bringing them into entrainment. Through recognition of the different dimensions of the heart and breathing exercises, we achieve physical, emotional and spiritual benefit.

Quest: A Workshop Journey in Following Your Heart

A trek through body, mind and spirit, Quest integrates: Chakra Flow Yoga (balancing energy fields), Heart Rhythm Meditation & Guided Imagery, Breathing Techniques, Personality/Temperament Assessment & Experiential Exercises

Angelic Journey

Based on the book by Gary Quinn, we will explore the guidance offered by seven specific angels in our lives from the Angel of Vision to the Angel of Victory.

"IT TAKES ALL TYPES" - A Myers-Briggs® Communication Workshop

Become aware of your own strengths and "flow of energy" and greatly increase your understanding of those who see things differently than you do. A wonderful look at the positive effects of diversity and getting along - and learning more about YOU.

Wine Types:

Discover Your Inner Grape

A lighthearted look at personality and the wine varietal you most resemble.

...and much more to come!!

Check our website regularly and join our email database to receive updates.

ONE-ON-ONE CONSULTS

Yoga

If you have specific health problems (sciatica for example) and don't feel ready to join in a class atmosphere, we can meet and follow a practice suited to your particular situation. We will provide you with materials that you can keep to practice the exercises on your own until our next meeting. (\$40 / hr)

Heart Rhythm Meditation

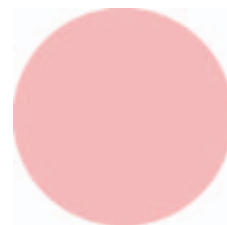
Personalized breathing/meditation instruction as well as measurement of Heart Rate Variability to train you to monitor your heart beat and breath. Reduce stress levels and achieve balance.
(Five one hour sessions: \$150.00)

Myers-Briggs®

Personality Assessment

individualized feedback on your completed MBTI®. 90 minute session.
\$79.00
(Ask about "True Companion" - a couple's MBTI® assessment as well as family sessions.)

Call Maureen at 920-1125 or email: sagebutterfly2@comcast.net to set up an appointment to discuss your own personal needs. (Initial intro consultation - approx. 15-30 minutes - is free.)



Class & Workshop Fees

Yoga, "Qi-Yoga-ng" & Zumba

Drop in: \$12.00

***4-Class Pass: \$40.00 (\$10/class)**

***8-Class Pass: \$68.00 (\$8.50/class)**

Unlimited Monthly Pass: \$100.00

**must be used within a month period*

"Buddy Yoga" (up to 3 people)

Your choice of class & time- \$50.00/hr

One-on-One Yoga: \$40/hr

Seminar Fees will vary from workshop to workshop. More information will be available on our website as each seminar is scheduled.

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ENJOY THE JOURNEY.