

# Classes at Inspiring Actions River Falls Studio

## **Gentle Yoga: 9:30-10:30am, Thursdays. Starts March 14.**

After warming up your muscles, this gentle flowing class focuses on poses that enhance deep stretching. Movement from pose to pose is slower and manageable which allows your mind to deeply relax. There is some, but minimal, focus on strengthening poses. It's a great class to release stress! All levels welcome.

## **Kids Yoga: 4:15-5pm, Tuesdays. Starts April 2.**

Children are invited to explore yoga poses and concepts through movement and play. During Kids Yoga we will use games, music and stories to introduce yoga. Children will learn about strength, balance, and flexibility and cultivate a lifetime of healthy habits. Children will focus on creative movement, play and self expression.

## **Lunchtime Yoga: 12:15-1pm. Thursdays. Starts March 14.**

Experience the benefits of yoga on your lunch break! This 45-minute class is designed so you can head right back to work. We will work on strength, flexibility, and relaxation.



Please visit [www.InspiringActions.com](http://www.InspiringActions.com) for more information.