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# OM YOGA & WELLNESS CENTER

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March 2018

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## Spring Dates to Remember

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*Classes will be held Spring Break, March 19<sup>th</sup>-24<sup>th</sup>*

### *PiYo with Kimberly McCall*

A class that combines core-firming benefits of Pilates with the strength and flexibility advantages of yoga for a low-impact, high-intensity workout that sculpts and tones your body. **3<sup>rd</sup> Friday of the month 8:30-9:30am**  
**March 16<sup>th</sup> ~ April 20<sup>th</sup> ~ May 18<sup>th</sup>**

### *Upcoming Workshop ~ Sunday, April 29<sup>th</sup> 1-3pm* **Yoga for Two: Prenatal Yoga Workshop**

*For those that are planning to become pregnant or expectant mothers who desire to learn specific body positions and modifications designed for a pregnant woman's body that emphasizes breathing, stretching and strengthening moves that help prepare for labor.*

**\$25 Investment ~ Register by April 25<sup>th</sup> and receive \$5 off**

**Memorial Day ~ No Classes on May 28th**

## CLASS SCHEDULE MARCH-MAY 2018

|           |                                                                                                               |
|-----------|---------------------------------------------------------------------------------------------------------------|
| <b>M</b>  | 8:30am Yoga Levels 1 & 2 ~ Sarah<br>4:00pm Restorative Yoga ~ Terri<br>5:30pm Yoga Levels 1 & 2 ~ Terri       |
| <b>T</b>  | 6:00am Sunrise Yoga* ~ Kay                                                                                    |
| <b>W</b>  | 9:30am Pilates ~ Sarah<br>4:00pm Restorative Yoga ~ Kay<br>5:30pm Yoga Fundamentals ~ Kay                     |
| <b>Th</b> | 6:00am Sunrise Yoga* ~ Kay<br>8:30am Yoga Levels 1 & 2 ~ Sarah<br>5:30pm Yoga for Athletes (ages 14+) ~ Sarah |
| <b>F</b>  | <b>3<sup>rd</sup> Friday of the month only</b> ~ 8:30am PiYo ~ Kim                                            |
| <b>S</b>  | 8:30am Flow Yoga ~ Sarah                                                                                      |

\*Sunrise Yoga is intermediate/advanced class~ experience required

## *YOGA for ATHLETES*

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**Thursdays 5:30-6:30pm**

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**Beginners and ages 14 years+ welcome!!!**

INTRODUCING...Yoga for Athletes, a class for beginners or those practicing yoga that would like to enhance their athletic performance and prevent injuries by improving overall strength, balance, agility, endurance, and flexibility. Whether you participate in sports, golf, cycling, running or any other form of exercise it is beneficial to compliment your activity with yoga.

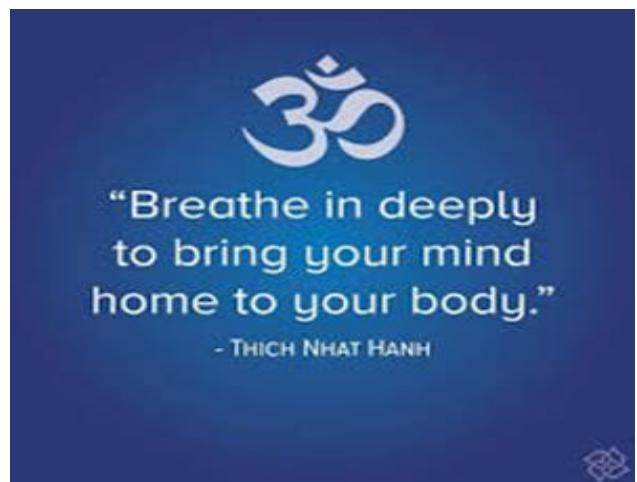
Many of us already know that athletes all over the world use yoga to benefit their athleticism. Yoga increases flexibility in your soft tissues so you are less likely to strain or sprain any joints or muscles. Research has shown other benefits of yoga for athletes include increased energy, body awareness, concentration, breath control, stress relief, and inspiration.

**First class for new students ~ \$5.00**

**Drop-in Class ~ \$10.00**

**4 Class Pass ~ \$40.00**

**Students (8<sup>th</sup>-12<sup>th</sup> grade) 4 Class Pass ~ \$30.00**



***There's no place like Om.....***

**319 ½ E Grand Ave. Ponca City. Ok  
(580)718-9042 ~ www.pcomyoga.com**