



THE YOGA PLACE

**Fall 2023**

Monday	9:00-10:15am	Ageless Beginners (Studio)	Hallie
	4:30-6:00pm	Refine&Strength (Hybrid)	Chris
Tuesday	8:30 -10:00am	Refine&Strength (Hybrid)	Rachel
	10:30-12:30pm	Advanced Yoga	Chris
	3:30- 3:45pm	Ageless Contin'g (Studio)	Jennie
	5:15-6:30pm	Mixed Levels (Zoom)	Jenelle
	5:30-7:00pm	Fundamentals (Studio)	Jennie
Wednesday	8:00 -9:30am	Special Series	Jennie
	10:30-11:45am	Ageless Contin'g (Studio)	Francie
	5:15-6:30pm	Beginning Yoga Series (Studio)	Rachel / Chris
Thursday	9:00-10:15am	Ageless Beginners (Studio)	Pam
	5:30-7:00pm	Refine&Strength (Hybrid)	Jennie
Friday	8:30 -10:00am	Mixed Levels (Hybrid)	Hallie
	10:30-11:45am	Ageless Contin'g (Zoom)	Francie
Saturday	9:00-10:15am	Mixed Levels (Studio)	Staff

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

***Please check website for most current schedule!***



## Special Series – Fall 2023

### Beginning Yoga Series

This 8-week series is designed for new students. You will learn the foundations of Iyengar yoga to help you build strength, flexibility, relieve stress.

Wednesdays, 5:15pm – 6:30pm

Sep 13 – Nov 1, 2023



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### Feet & Hands with Jennie

Join us for a deep dive into the strengthening and opening of 4 of our most important parts of our body.

Wednesdays 8:00am – 9:30am

Sept 13 – Oct 4, 2023



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### The Study of Yoga and Yoga Practice

A course designed to build your personal Yoga practice and deepen your understanding of Yoga through the Iyengar Yoga method specifically. Course registration includes Home Practice Workbook and 8-class pass. Designed for college students – ask your professor for credit requirements.

Fridays 1:00pm – 3:00pm

Oct 6 – Dec 1, 2023



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### Yoga Intensive with Chris Saudek

Chris is certified in the Iyengar method at Level IV and has taught workshops at many other studios in the US, Canada, and internationally. She has also helped train dozens of teachers in her over 40 years of teaching.

***Save the dates and watch for more information about a special weekend with Chris at The Yoga Place***

**December 8, 9 & 10, 2023**