

National YOGA MONTH

Mirbeau Plymouth Yoga Series

Celebrate National Yoga Month with one of our special classes offered every Thursday this September. All classes will be held at 7pm in the Yoga Studio. Sign up is required and space is limited!

COST: \$30 FOR ONE CLASS - FREE FOR MEMBERS

SEPTEMBER 5 | 7PM

BALANCING THE ENERGY CENTERS *Slow Flow with Essential Oils*

Completely reset your own natural energy feeling lighter and freer. Beginning with an opening meditation guiding your awareness through the 7 energy centers of the body. Then moving through 7 main postures that represent each energy center, helping to open and release. Finishing with a dreamy savasana and shifting into the 8th and final energy center, which hovers above the body in space, as you drift off in peaceful rest. **Instructor: Mackenzie**

SEPTEMBER 12 | 7PM

SUN & MOON SALUTATIONS YOGA

The standard flow of postures in a Sun Salutation are, in part, meant to awaken the physical body. Your major muscle groups are engaged as you move through the sequence. While Sun Salutations represent the sun's power to awaken and invigorate, Moon Salutations are more calming and reflective and function as a counterbalance to Sun Salutations. Where the sun cultivates warm, masculine, outward energy, the moon is cooler, feminine, and more inward-focused. **Instructor: Heather**

SEPTEMBER 19 | 7PM

BUTI YOGA

Buti, in Indian Marathi, means "the cure to something hidden or kept secret." This practice is a high-intensity fusion of yoga, tribal dance, and plyometrics. Classes combine cardio, strength training and flexibility in one seamless format. **Instructor: Bailey**

SEPTEMBER 26 | 7PM

POSTURES THROUGH A CHAKRA JOURNEY

All yoga asanas/postures have primary and secondary chakra involvement. During a class dedicated to a chakra journey, I'll describe the chakras involved with each posture and explain the meaning and benefits. **Instructor: Debra**



1.877.MIRBEAU • MIRBEAU.COM
35 LANDMARK DRIVE, PLYMOUTH MA 02360

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