

class with time after the practice to enjoy the presence of those in our community.

There is no charge, but donations will be accepted, and proceeds will go to Wichita State University, Center for Combating Human Trafficking.

[Click Here For Details](#)

Our Favorite Products



Malas & Bracelets

Malas, or prayer beads, are a great holiday gift. Purchase one for yourself, friend, or family member. In yoga, 108 symbolizes spiritual completion. The japa malas are made of 108 beads to pray, meditate, or chant a cycle of 108. Different lineages of yoga have their traditional mantras, or you can use one of your favorite prayers or mantras to bring a strong practice of gratitude and introspection to your daily life.

**Winter Class Schedule
November-December**
[Click Here](#)



This is the holiday party you have been wanting! Something new, different, and **LOW STRESS!** What could be less stressful for you and up to 14 of your friends than a 60 minute yoga class with time to socialize after in our private studio??

Must book by phone. We accept major credit cards to hold your date. 48 hour cancellation policy-card on file will be billed full amount if host cancels less than 48 hours in advance.

Teachers and times available November 6th through December 22nd:

Mondays

7:15p-9:15p Angie

Tuesdays

7:15p-9:15p Angie, Amber, Heidi-dates vary

Wednesdays

7:15p-9:15p Angie, Amber

Thursdays

7:15p-9:15p Angie, Heidi-dates vary

Fridays

7:15p-9:15p Angie, Dorothy

Saturdays

11:00a-1:00p Leta, Amber or Heidi-12/2 & 12/16

1:30p-3:30p Amber or Heidi-12/2 & 12/16

4:00p-6:00p Leta, Amber or Heidi-12/2 & 12/16

6:30p-8:30p Amber or Heidi-2/2 & 12/16

Sundays

12:45p-2:45p Stephanie, Angie

3:15p-5:15p Stephanie, Angie

Cost: \$120.00

Includes:

60 minute yoga class with a certified yoga teacher
60 minutes to socialize.

Teacher will have hot tea, water, and light refreshments ready, and provide clean up. Hosts and/or guests are welcome to bring in additional food and drink.

Please book by phone. Dates and times subject to teacher approval!

No Classes
5:35p on Wed., 11/22
Thanksgiving Day
Christmas Eve
Christmas Day
New Year's Day

Join Heidi
Black Friday at 9:30a
& Meditation after!

Join Stephanie for
Restorative Yoga
New Year's Eve
10:45a
&
New Year's Day 1:00p

Download our APP
today!!



We have an app in the
app store!

View class schedule,
subs & more even faster
from your phone or tablet!

Plus,
allow notifications and we
will update you on
cancellations, deadlines &
specials!

Call Today to book!
316-942-0323

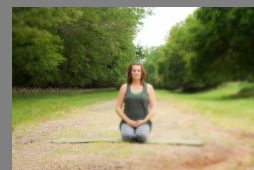
Meditation for Joyful Living: an Immersion

Saturday, January 6, 2018;
9:00a-12:00p
Cost: \$50.00 early bird, \$60.00
after December 23rd.
Includes 1 private session to
be scheduled after the
Immersion



REGISTRATION REQUIRED-Click For
Details

New Meditation Class
Now offering Meditation in
the evenings!
Thursdays starting in
October
6:45-7:15p



This 30 minute weekly class with Amber will include
some guided meditation and silence. All levels
welcome. Just like Friday morning meditation with
Heidi, cost will be \$5 drop in, or FREE to those who
attend Yin Yoga before and stay. Come practice with
us.

***Note, there will be no meditation class Thanksgiving
Day.***

The Body Studio, 4800 W. Maple, suite 124, Wichita, KS 67209

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