

### Mondays:

#### **6:00 p.m. Power Yoga (Dayal)**

A strong yoga class geared towards students who have a regular practice. Get ready to take your practice to a new level creating heat & energy to balance & heal the body. Various forms of music are often used to create heightened states of awareness. \*A delicious cup of organic brewed tea is included after class.

#### **7:30 p.m. Prenatal/Postnatal Yoga (Dayal)**

This yoga is designed for women during & after their pregnancy & focuses on a safe gentle flow of poses. Breathing techniques as well as pelvic exercises are incorporated to promote a more comfortable labor & delivery. \*also includes a delicious cup of organic tea.

### Tuesdays:

#### **8:00 a.m. Vinyasa Flow (Mike)**

Vinyasa means "breath-synchronized movement". Breath and movement seamlessly unite in a way that each encourages the other.

#### **12:30 p.m. Yoga for Lunch (Jeanette) ~ Pre-Registration Required**

For most people, practicing yoga three times a week is ideal. However, consistent practice or stretching is more useful than intense but less frequent workouts. If it is hard to get to class as often as you like, we suggest trying a lunch time yoga class in order to maintain the progress you make in our after work yoga classes.

#### **6:00 p.m. Intro to Yoga (Jeanette) ~ Pre-Registration Required**

For beginners ~ Learn postures, breathing exercises, and the basics of what to expect in a yoga class. (Ongoing Series; Next Series begins October 5<sup>th</sup>)

### Thursdays:

#### **8:00 a.m. Vinyasa Flow (Mike) ~ See above.**

#### **12:30 p.m. Yoga for Lunch (Jeanette) ~ Open to All**

#### **3:30 p.m. Kids' Yoga (Elementary Ages) (Jeanette) ~ Open to All**

#### **6:00 p.m. Slow Burn Yoga (Jeanette) ~ Open to All**

Taking it slow can deliver dramatic, immediate results, a sculpted physique and greater mental focus. Created by Rodney Yee, this innovative yogic approach combines continual transition between essential yoga moves with resistance and repetition. The resulting "burn" shapes lean muscle, boosts metabolism, and challenges your mind more than most yoga programs... expanding your limits in both your practice and your life.

### Saturdays:

#### **10:30 a.m. Reiki Yoga (All Levels) (Jeanette) ~ Open to All**

Open and balance your Chakras in this energetic class that combines Reiki energy work with Restorative Yoga. In many yoga postures, placement of one's own hands on the body and the body's energy centers, or Chakras, while holding the intention of sending life force energy, Prana or Ki or Chi, into the body is natural and an enormously effective healing technique. During practice we activate and open all Chakras, as you release tension and negativity from the physical and energetic body. Maximize the combined healing experience!!

### Sundays: Closed on Sundays

**LAUGHTER YOGA (FREE) ~ Laugh your way into better health as autumn comes rolling in...**

**SEPT. 22 @ 6:30 pm**

### SPECIAL EVENTS & GUEST TEACHERS!!!

#### **Chakra Energy Intuitive Development Course (Throat Chakra) with Marcella, Zinner, MMA, CHT; Sat., September 11th, 1:00-3:30 pm**

Marcella's advanced intuitive development course relating to each Chakra (7 classes in the series). Experience an in-depth study and analysis of each chakra; including the emotional aspect, physical manifestation, spiritual meaning, medical intuition component, and suggested protocols. *Marcella will be conducting class on the 2<sup>nd</sup> Saturday of each month. Take one or all of the classes based on your individual interests.*

#### **Drum Circle with Kevin "K.D." Dennis, Fri., September 17th, 7:30-10:30pm**

Drum your worries away as the rhythm of the drums carries you away from the every day. K.D. has plenty of instruments for everyone, and he leads the Circle with style and grace. (Donations) (Conducted on the 3<sup>rd</sup> Friday of each month).

#### **Reiki III Certification Workshop with Jeanette Sat., September 18th, 1:00-4:30pm**

Master your natural healing abilities! This training workshop will seal your Reiki Master practice making you a finely tuned channel of universal healing energies. You will receive your third attunements, discover the Master symbols of Reiki, participate in a Reiki Share, learn teaching techniques and how to pass on attunements, plus become a Certified Reiki Master! (\$100; early registration discount until Sept. 15th)

#### **FOOD LIFE SYNERGY Intro & Maintenance Workshop, Sat., September 25<sup>th</sup>, 1:00-3:00 p.m.**

**Food Life Synergy** teaches you to prepare your foods with overall wellness techniques. In this introductory workshop, receive information about FLS's program, courses and classes, about their work with our HCG Weight Loss program, and learn a few new delicious and healthy recipes.

Virginia & Jeynce's program will improve your overall health, increase your vitality, and reduce symptoms of stress. There is no charge for this introductory workshop. If you can or would like to, please make a donation towards the materials and food products. *Courses begin in October! Specific days for the courses and classes will be announced at this workshop.*

#### **Crystal Bowl/Sound Journey Meditation with ELUV Returns on Wednesday, \*\*October 20th, 7-9pm\*\***

**(Join us for our Fall Open House on October 20<sup>th</sup> as well)**




Let go and relax as you take a journey of sound while enjoying the powerful vibrations of singing Crystal Bowls and other instruments played by one of our very own local celebs ~ ELUV ~ from the radio program "UltraSounds" on 88.5 FM.

The alchemy of blending external vibration with our own internal rhythms is key for a journey into a higher personal frequency. It is suggested that participants breathe in a full, deep and conscious manner and find a place to remain reflective and calm. (\$20 in advance; \$25 at the door; and optional \$20 for Ear Seeds). (3<sup>rd</sup> Wednesday of each month).

# Celebrating Autumn September Classes



# RAYDIANCE

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## Raydiance Helio Spa & Wellness Center

120 & 122 S. Howard Ave., Tampa, FL 33606  
(813) 258-0458 (Wellness) & (813) 251-8121 (Spa)

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

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