



Creative Actions Yoga

5753 Nor-Bath Blvd., Bath, PA 18014

732-887-2150

www.CreativeActionsYoga.com

Newsletter - December 2017

The studio will be closed on December 25th.

Practice with us on New Years Day:
4:15pm Level 1, 5:30pm Yoga Core, 6:45pm Level 2

Thank you for being a part of our community!

We hope that you have a wonderful holiday!

As 2017 comes to an end,
don't think of it as an end but the start of the next chapter.

December Workshops

Friendsgiving

December 3rd at 4pm

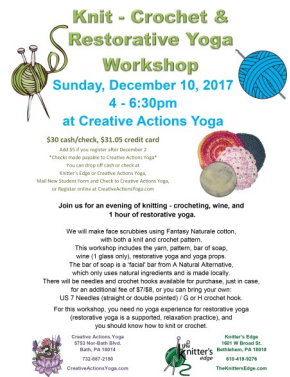
Pot luck style food, sign up here:
www.SignUpGenius.com/go/20F0B4EADA92FAAFD0-friendsgiving

We will be collecting food for the Bath Food Bank November 1 thru December 3



Knit/Crochet And Restorative Workshop

December 10, 2017
(Flyer) (Register)



Restorative Yoga Workshop
December 17, 2017
(Flyer) (Register)



Restorative Yoga Workshop
Sunday, December 17, 2017
4 - 6 pm

\$20 cash or check, \$20.70 cc
(Add \$5 if you register after December 9, 2017)

Restorative yoga is a relaxing, calming practice where you can let go and breathe. It allows you to feel relaxed in supported poses, while calming the nervous system. Restorative practices are a good complement to more active practices. In this workshop, the teacher will arrange for the necessary props to be available to you and the lights will be dimmed. The teacher will guide you into each pose where you will be supported by the props, and you can relax into the pose for seven to ten minutes. Your body will not be working the way you would be in a regular practice. Although you are supported, you will definitely still feel the stretch.

What to know:
- pre-registration required
- no yoga experience needed
- bring a yoga mat
- wear warm comfortable clothing
- wear/bring socks
- no perfume/cologne
- props are provided



January Workshops

Beginner Yoga Series Workshop

January 3 - 31, 2018 at 6:45 - 7:45pm
(Flyer) (Register)

MELT Workshop
January 7, 2018
4 - 6pm
(Flyer) (Register)

Restorative Yoga Workshop
January 21, 2018
4 - 6pm
(Flyer)

Please Review **Creative Actions Yoga** on

[Facebook \(Click Here\)](#) and [Google \(Click Here\)](#)

THANKS!

Weekly Schedule

Mondays

- 9:30am Align to Flow Yoga (Level 1)
- 5:30pm Yoga Core (All Levels)
- 6:45pm Align to Flow Yoga (Level 2)

Tuesdays

- 9:30am Stretch and Strength (Gentle 1)
- 5:30pm Flow Yoga (Level 1.5)
- 6:45pm Flow Yoga (Level 1)

Wednesdays

- 9:30am Align to Flow Yoga (Level 1.5)
- 5:30pm Align to Flow Yoga (Level 1)
- 6:45pm Beginner Yoga Workshop (5 weeks, starting January 3rd)

Thursdays

- 9:30am Stretch and Align Yoga (Gentle 2)
- 5:30pm Yoga Flow (Level 2)
- 6:45pm Yoga Flow (Level 1)

Fridays

- 9:30am Yoga Core (All Levels)
- 10:45am Chair Yoga (Silver Sneakers Accepted)

Saturdays

- 8:45am PiYo
- 10am Yoga Flow (Mixed Level)

Sundays

- 10am Slow Flow Yoga (Gentle 3)



For more information please go to www.CreativeActionsYoga.com

For Questions or concerns please contact us at: info@creativeactionsyoga.com