

Hudson Chamber Event Form

Name: FREE Beginner's Yoga Workshop

Date: September 1, 2010

Time: 7:00-8:00pm

Location: Inspiring Actions, 1810 Webster Street, Suite 5, Hudson, WI

Cost: FREE

Contact: Tracey at 715-381-3148

Description: Renew your mind body and spirit, along with others who are new to yoga, in a friendly and intimate setting. If you want to try yoga and don't know how to start, this workshop is for you. Please visit www.InspiringActions.com

Name: Yoga 101

Date: September 8, 2010 (4 weeks)

Time: 7:00-8:00pm

Location: Inspiring Actions, 1810 Webster Street, Suite 5, Hudson, WI

Cost: \$40

Contact: Tracey at 715-381-3148

Description: "Yoga 101" is designed for those who desire an introduction to the physical, mental and spiritual benefits of yoga. In an intimate and friendly setting you'll gently be guided into your own physical yoga practice while learning the history and benefits of yoga. Please visit www.InspiringActions.com

Name: Empower Your Wellbeing

Date: September 9, 2010 (4 weeks)

Time: 6:30 – 8:00 pm

Location: Inspiring Actions, 1810 Webster Street, Suite 5, Hudson, WI

Cost: \$100/\$30 (drop in)

Contact: Tracey at 715-381-3148

Description: This course is designed to raise your awareness of what you want in life, what is getting in the way and what steps to take to achieve your goals! In this four week group coaching course you learn about creating change, finding your purpose and living life with passion. Please visit www.InspiringActions.com

Name: Beginning Yoga w/Childcare

Date: September 11, 2010 (6 weeks)

Time: 9:30-10:30 am

Location: Little Minds Learning Center, 2400 Foxglove Way, Hudson, WI

Cost: \$108.00 (w/childcare); \$90.00 w/out childcare); \$20.00 (drop in)

Contact: Tracey at 715-381-3148

In this beginning yoga series an **Inspiring Actions** certified yoga instructor will introduce you to the principals of foundation, alignment and breathe. While honoring the beginner's mind, we introduce basic poses that flow together. Build strength, increase flexibility and muscle tone, reduce stress and increase lung capacity. All levels are welcome. Enjoy a peaceful mind knowing that your child is receiving quality care while you relax. **Little Minds Learning Center, LLC** will provide your children a premium child development experience with state certified teachers. Please visit www.InspiringActions.com

Name: Yoga for Weight Loss

Date: September 14, 2010 (12 weeks)

Time: 12:00 – 1:00 pm

Location: Inspiring Actions, 1810 Webster Street, Suite 5, Hudson, WI

Cost: \$350.00 or \$325.00 early bird rate by 9/7/10

Contact: Tracey at 715-381-3148

Description: This 12-week program designed to help you learn how to listen to your body, identify its needs related to nutrition and activity and to make conscious choices that will lead you to better health. Each class includes discussion and asana practice with modifications for individual needs. We will learn about basic scientific principles of nutrition and physical fitness as well as yoga asana, philosophy and lifestyle to give us a clear view and solid foundation to work from as we live our daily lives with the intention of perfect health: body, mind & spirit. Please visit www.InspiringActions.com for more information.

Name: 40 Days to Personal Transformation

Date: September 14, 2010 (7 weeks)

Time: 7:30 – 8:30 pm

Location: Inspiring Actions, 1810 Webster Street, Suite 5, Hudson, WI

Cost: \$150.00 (\$50.00 discount for returning participants)

Contact: Tracey at 715-381-3148

Description: During this meeting we will bring you information based on this transformational program based on the work of Baron Baptiste, master American yoga teacher. This series is for anyone looking to deepen their practice and knowledge, from the absolute beginner to the seasoned practitioner. Explore the yogic path through yoga practice, meditation, diet, and reflection. Commit yourself to a new practice, change your habits, and become a new, healthier you! Please visit www.InspiringActions.com