



Free Range **December** Virtual Class Offerings

To get a spot - REGISTER BY Wednesday November 30th!

December Offerings – Free Range is offering online classes and videos to help you keep moving. Learn how to participate to reduce stress and feel better. Contact the teacher to let them know you want to sign up.

Join our Live Streams from anywhere! We have people Zooming from across the country so please tell your family and friends to “join you” at Free Range!

Dawn Piper, Free Range Yoga owner and Experienced and Registered Certified Yoga Teacher, Certified Yoga Therapist – Offering Yoga, Therapeutic Yoga, Breathwork, iRest, and Guided Meditation Online for Group and Private Sessions:

*** VERY IMPORTANT! ***

Due to the resurgence of COVID-19 across the state, Illinois moved into Tier 3 mitigation plan Friday, November 20th. This means that Free Range has gone remote for ALL group classes.

For more information on the Restore Illinois Mitigation Plan click [here](#)

We know this can be disrupting to you but the good news is that you can still join Free Range from home!

Old students. New students. Please join us remotely. Zoom has been a wonderful option for all of use and is easy to use. Many Free Range classes (and private sessions) will be offered online in December!

In addition, you can hire [me, Bill Maakestad](#), or [Colby Edmonson](#) to teach a private Zoom class, Personal Training session, or a private Zoom group class for your family, friends, or co-workers.

We will all keep moving forward - together - getting stronger (and calmer) in our bodies, minds, and spirits.

Sending you lots of light and love. Stay healthy! And let's all count our blessings this Thanksgiving. You know we are so grateful for you!!

Dawn

Join Dawn's Free Range classes and livestream from wherever you are

Enrollment for month:

If you want to sign up for a month of one type of class (Chair Yoga, Mighty Yoga, or Yoga for All) click the link below to register or contact me and let me know – I can sign you up.

Online Streamed Zoom Classes:



<https://clients.mindbodyonline.com/classic/ws?studioid=136311&stype=-103&sTG=118&sVT=321&sView=day&sLoc=0&sTrn=2&date=12/01/20>

Paying by check: If you do not wish to pay online it's fine, just call 309-333-5069 or email me dawn@freerangeyoga.us and I will give you my mailing address for a check.

Chair Yoga



**60 minutes. Meets 10:00am Tuesdays/Thursdays.
7 classes for the month for \$56. *No class December 24th,
29th, and 31st.**

We do not get down on the floor in this class. This is a fun class to strengthen arms, legs, and core; improve balance and flexibility and improve your overall health. You can use a chair or the wall for standing poses; or sit for all or part of class. Great class for beginners and people healing from injuries who want to get their strength back. *"That hour goes by so fast ... it seems like 20 minutes!"*
Time flies when you're having fun! 😊

Mighty Yoga

60 minutes. Meets 10:00am Wednesdays/Fridays

7 classes for the month for \$56. *No class December 25th and 30th.

See results - improve strength, balance, and better posture! This yoga class builds strength consistently. Make progress by moving well and paying attention to what your body needs. This class is tailored to give you as much challenge as you want, but without pain - added bonus - you'll get stronger without holding your breath or moving in pain! It is functional strength building that will support whatever activities you enjoy.



Yoga for All

60 minutes. Meets 5:15pm Tuesdays/Thursdays

7 classes for the month for \$56. *No class December 24th, 29th, and 31st.



Yoga for everyone - and wherever you are. Slow down and move with awareness and begin to notice how much better your body feels on and off the mat. Mat-based. Focus on ease, balance, strength, breathing, and flexibility. Excellent class for beginners as well as for those with a current yoga practice. All are welcome! The practice is the reward! See for yourself.

If you need help, please contact me 309-333-5069 or dawn@freerangeyoga.us

Go to [MINDBODY to see our schedule](#). If you're on Facebook, you can also check out Facebook events which are posted on our page - please sign up to stay in the loop: <https://www.facebook.com/Freerangeyoga/>

COVID19 making it hard for you to come to yoga? Contact me! We have donations for our "Yoga Heals" Campaign. If you wish to donate to the campaign you can pick a gift card here:

<https://clients.mindbodyonline.com/classic/ws?studioid=136311&style=42>



Private Sessions: Individual and Group/Family/Office Yoga, and Yoga Therapy Sessions - 60 minutes

Do you want a personalized yoga session that meets your needs? My private sessions are a wonderful way to find more awareness, get healthier, and improve your immunity on your schedule. Class is individualized to your needs/interests. Meet once, once a month, or once a week. Contact me! People really love these sessions!

Online Sessions:

- Private class rates are \$50 per hour for one person.
- Private Group Classes are \$50 per hour plus \$10 each for additional person. Can be paid online or on Venmo.
- Sessions are held on Zoom so you can gather a group from anywhere in the world.

309-333-5069

dawn@freerangeyoga.us

Dawn Piper

Bill Maakestad – Tai Chi & Qigong

Zoom - Chi Flow for Relaxation and Energy

55 minutes. Meets 10:30am - 11:25am

Monday (December 7, 14, 21, 28)

\$32 for four classes in December

All December classes will be held on Zoom!.

This active relaxation class will improve your energy. Become more mindful with movements anyone can do. Gentle stretches and exercises, adapted from the traditional Chinese practice of *qigong* (“energy work”), reduce fatigue, improve concentration, and promote healing from within. *All movements may be done either sitting or standing.* Each class closes with a brief period of silent meditation for deep relaxation and centering.

Zoom – Tai Chi

Monday (December 7, 14, 21, 28)

\$32 for four classes in December

All December classes will be held on Zoom!

Do you want to increase your mindfulness and get stronger as you improve your posture and balance? Learn and experience the active, mindful relaxation that comes from these ancient forms of moving meditation. Based on Chinese martial arts, the slow, deliberate forms of Tai Chi & Qigong focus on breathing, movement, and meditation. All ages and abilities are welcome!

Email Bill at wj-maakestad@wiu.edu or call/text his cell at 309-255-8256.



Colby Edmonson – Strength Coach

High Intensity Interval Training (HIIT)

Do you feel like you're spinning your wheels and not making progress with your strength training? Get ready to see and feel results with this total body workout that combines alternating high and low intensity movements. Improve strength, balance, flexibility, and conditioning. From jumping jacks to sit-ups and squats to jump lunges, this challenging workout will take your strength and cardiovascular fitness to the next level.



Contact Colby to schedule an individual in-studio session or an online Zoom session.



Cost: \$30 for one person for a Personal Training Session or online Zoom session (OR if you get a group together Colby can build a class for you for \$10 each additional person - on Zoom!)

Teacher: Colby Edmonson

Phone: 309-331-3247

Email: cedmo82@gmail.com

Strength Training



Colby's Strength training sessions center on an individualized program based on your interests and goals. You'll safely build muscle, burn fat, and get stronger regardless of your experience level! Find your optimal performance!

Contact Colby to schedule an individual in-studio session or an online Zoom session.

Cost: \$30 for one person for a Personal Training Session or online Zoom session (OR if you get a group together Colby can build a class for you for \$10 each additional person - on Zoom!)

Teacher: Colby Edmonson

Phone: 309-331-3247

Email: cedmo82@gmail.com

Gloria Barr, Reiki

Due to the high number of cases of COVID in our area, Gloria will return to Reiki in person at a later date. If you are one of her Reiki clients, contact her to inquire about a long-distance session.



Reiki - 60 minutes. \$55/hour for a private session. 30 minutes. \$30 for a private session.

Reiki is an ancient natural healing treatment used to assist in healing and promoting overall balance within the body. It is administered by a Certified Reiki Practitioner by using gentle, noninvasive touch to influence and support the body's natural energy flow. Reiki is offered to a fully-clothed client through hands off, or hands on, gentle touch. Clients have reported less anxiety and pain plus more energy and restful sleep. Reiki does not replace medical treatment but can be a good complement to healing and stress relief.

Contact Gloria: gabreiki@gmail.com or 309-221-2089.

Have a question about a class? Not sure if it's right for you? Just call or email the teacher and ask! We are happy to chat with you and help you find the best class for your needs.

Go Free Range – Stay Connected to your Mind, Body, and Spirit!