



# December 2020 Information



## Free Range

Things you should know about Free Range:

1. **NO MEMBERSHIP FEES.** You only pay for what you use. 😊
2. You can start anytime.
3. **First class is FREE!** Try it first and see if you like it.
4. Some classes have class cards which is like a drop in, but you save a little money.
5. **Want to save more money and/or make a commitment to a specific class? Register for the series: you buy a whole month of one class. Mid-month and new to a class? Ask to pro-rate.**

### VERY IMPORTANT:

- Due to the resurgence of COVID-19 across the state, Illinois moved into Tier 3 mitigation plan Friday, November 20th.
- Free Range has gone remote for ALL group classes.
- 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.
- My classes are also available to rent “On Demand” for \$10 – so if you can’t make class, you can take it later.
- 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! You know we are so grateful for you!! Dawn

**CLASSES:** Join Dawn’s classes via Zoom or “On Demand” - all classes available online in December.

**Dawn Piper, Free Range owner, Certified Yoga Therapist, and E-RYT 200 - 309-333-5069**  
[dawn@freerangeyoga.us](mailto:dawn@freerangeyoga.us)

How to pay: Register for the month (\$56), drop in \$12/class, or use Dawn’s class cards to pay as you go for any of her classes - can use class cards and go to any of her classes.

<b>Class cards</b>	5 classes = \$55	10 classes = \$100	20 classes = \$185	90-day expiration
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Dawn will be opening our classrooms 15 minutes before each class so you can mix and mingle with your classmates on Zoom.

- **Chair Yoga** - 60 min. T/TH 10:00am. **\*No class December 24<sup>th</sup>, 29<sup>th</sup>, and 31<sup>st</sup>.**

We do not get down on the floor in this class. This is a fun class to meet new friends; strengthen arms, legs, and core; plus improve balance and flexibility while improving 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.

- **Yoga for All** - 60 min. T/TH 5:15pm. **\*No class December 24<sup>th</sup>, 29<sup>th</sup>, 31<sup>st</sup>.**

Yoga for everyone - and wherever you are. Slow down just enough so you move with awareness and 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!

- **Mighty Yoga** - 60 min. W/F 10:00am. **\*No class December 25<sup>th</sup> and 30<sup>th</sup>.**

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. It is functional strength building that will support whatever activities you enjoy.

**Online Video Library:** See <http://www.freerangeyoga.us/online-classes/> **Just \$10/month** for unlimited viewing. Yoga, breathing, balance, relaxation, and more. 70+ videos. Various levels.

#### **Live Classes via Zoom:**

Contact Dawn to register for December (all classes are \$56 for month for the 7 classes) – details here – but contact Dawn directly to register:

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

Or sign up for classes on MINDBODY here:

<https://clients.mindbodyonline.com/classic/ws?studioid=136311&stype=-7&stG=22&sView=week&sLoc=0>

#### **All new – a Brand New Way for you to Practice Yoga!**

**“On Demand” Classes:** All new – a Brand New Way for you to Practice Yoga - wherever you are!

Can't make it to class when it's offered? Or you LOVED a class because it made you feel SO GOOD and want to take it again? Or you want to try yoga but don't want anyone to see you practice?

Whatever your reasons - I have exciting news for you!

Now you can take each of my classes for just \$10. Yoga on YOUR schedule. I'll be adding 6-8 new classes each week!

Just go here: <https://vimeo.com/ondemand/287126>

#### **Bill Maakestad – Tai Chi & Qigong - 309-255-8256 [wj-maakestad@wiu.edu](mailto:wj-maakestad@wiu.edu)**

- **Zoom - Chi Flow for Relaxation and Energy** – 55 min. 10:30am – 11:25am Monday (December 7, 14, 21, 28) \$32 for four classes in December. **Classes 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.

- **"In Studio" Tai Chi & Qigong** – 55 min. 12:05pm – 1:00pm Monday (December 7, 14, 21, 28) \$32 for four classes in December. **Classes 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!

### **Colby Edmonson – Strength Coach - 309-331-3247 [cedmo82@gmail.com](mailto:cedmo82@gmail.com)**

Due to Covid and the new restrictions, Colby is offering Personal Training sessions for 1-3 people in person and also on Zoom. Contact him for these sessions or to work on something else just for you!

- **High Intensity Interval Training (HIIT)** – 60 min. \$30 of 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 or \$10 each additional person – on Zoom).

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.

- **Strength Training** – 60 min. \$30 for one person for a Personal Training Session of online Zoom session (Or if you get a group together, Colby can build a class or you for \$10 each additional person – on Zoom!)

Colby's Group Strength class will combine the benefit of an individualized program based on your interests and goals with the fun of a group fitness class to keep you motivated and wanting to come back. You'll safely build muscle, burn fat, and get stronger regardless of your experience level! Join this small group weight training class and find your optimal performance!

### **PRIVATE YOGA, YOGA THERAPY, MEDITATION, YOGA NIDRA, AND BREATHWORK:**

**Dawn Piper, Free Range owner, Certified Yoga Therapist, and E-RYT 200 - 309-333-5069 [dawn@freerangeyoga.us](mailto:dawn@freerangeyoga.us)**

#### **In Studio Sessions**

- Private in person class rates are \$68 per hour for one person.
- Session Packages: 3 sessions = \$195 and 8 sessions = \$500
- Private in person Group Classes are \$68 per hour plus \$10 each for additional person. Can be paid online or on Venmo.

#### **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.



Contact Dawn for the link. 309-333-5069 or [dawn@freerangeyoga.us](mailto:dawn@freerangeyoga.us)

# 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.

## Gloria Barr



**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](mailto:gabreiki@gmail.com) or 309-221-2089

## Gift ideas:



1. Contact Gloria, Bill, Colby, or Dawn for Gift Certificates.
2. Hire us for a Private Sessions for one person – or a group – on Zoom.
3. Dawn can put together private sessions for your Christmas Party, Family gathering, or a unique gift for your employees or team members.