



January 2021 Information

Free Range

Welcome to a New Year! Here are some things to know about Free Range:

1. You don't have to pay to be a member at Free Range – just choose a class and sign up. We will even throw in your first class free to see if you like it.
2. Start whenever – you don't have to start at the beginning of the month.
3. Dawn's classes have class cards which is like a drop in, where you come only to the classes you want, and you save a little money.
4. 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.

IMPORTANT:

- Due to Illinois still being in Tier 3 mitigation, Free Range is remote for ALL group classes. Please join us on Zoom from wherever you are!
- Dawn's 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 January! 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 into this new year - together - getting stronger (and calmer) in our bodies, minds, and spirits. Sending you lots of light and love. Stay healthy! We are so grateful for you!! Dawn

CLASSES: Join Dawn's classes via Zoom or "On Demand" - all classes available online in January.

Dawn Piper, Free Range owner, Internationally Certified Yoga Therapist, and E-RYT 200 - 309-333-5069 dawn@freerangeyoga.us

How to pay: Register for the month (\$64), 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.

Class cards	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. *Classes start January 5th. Buy the whole month of 8 classes for \$64!

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. *Classes start January 5th. Buy the whole month of 8 classes for \$64!

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. *Classes start January 6th. Buy the whole month of 8 classes for \$64!

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 January (all classes are \$64 for month for the 8 classes) – details here – but contact Dawn directly to register:

<https://clients.mindbodyonline.com/classic/ws?studioid=136311&stype=-103&sTG=119&sView=day&sLoc=0&sTrn=2&date=12/12/20>

Or sign up for classes on MINDBODY here:

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

Practice Yoga whenever and wherever

“On Demand” Classes: Practice Yoga - wherever you are and whenever you want!

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. There are 24 classes to choose from.

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

Bill Maakestad – Tai Chi & Qigong - 309-255-8256 wj-maakestad@wiu.edu

- **Zoom - Chi Flow for Relaxation and Energy** – 55 min. 10:30am – 11:25am Monday (January 4, 11, 18, 25) \$24 for four classes in January. **Classes held on Zoom.**
*Free class on January 18th in observance of the Martin Luther King, Jr. holiday.

Anyone can do this active relaxation class. Get ready to have more energy and become more mindful. 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 & Qigong** – 55 min. 12:05pm – 1:00pm Monday (January 4, 11, 18, 25) \$24 for four classes in January. **Classes held on Zoom.**
***Free class on January 18th in observance of the Martin Luther King, Jr. holiday.**

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

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

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

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 Bari



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