



Free Range **March** Class Offerings



To get a spot - REGISTER BY Wednesday February 24!

March Offerings – Free Range is offering BOTH - Live In Studio and Online classes to help you keep moving, reduce stress, and feel better. Contact the teacher to let them know you want to sign up. ASAP!

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!



*** VERY IMPORTANT! ***

Due to social distancing rules, only 9 people can sign up for an “In-Studio” spot and we still need to wear face coverings when within 6 feet of another person. So, please keep that in mind.

You can also still hire [me](#), [Bill Maakestad](#), [Colby Edmonson](#) or [Anne Ingersoll](#) to teach a private Zoom or In Person session, a Personal Training session, or a private Zoom or In Person 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.

:) Dawn

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:

Join Dawn's classes In Studio or Online - 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 – and I can sign you up.

In-Studio Classes:



<https://clients.mindbodyonline.com/classic/ws?studioid=136311&stype=-103&sTG=122&sVT=329&sView=day&sLoc=0&sTrn=2&date=03/01/21>

Online Streamed Zoom Classes:



<https://clients.mindbodyonline.com/classic/ws?studioid=136311&stype=-103&sTG=122&sVT=328&sView=day&sLoc=0&sTrn=2&date=03/01/21>

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.
9 classes for the month for \$72.**

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
9 classes for the month for \$72.**

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
9 classes for the month for \$72.**



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&stype=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.



In Person Sessions:

- Private class rates are \$68 per hour for one person.
- Private Group Classes are \$68 per hour plus \$10 each for additional person. Can be paid online or on Venmo.
- Limit is 9 people.

309-333-5069

dawn@freerangeyoga.us

Dawn Piper

Anne Ingersoll - Gentle and Flowing Yoga



Your Best Life Yoga4Teens!

Anne is offering this class as a **FREE GIFT to teens** during the month of March, Monday nights at 7:00pm. ***No class on March 22nd**

This class is for Teens Only. Please share this with all of the teens you know who would like to try a yoga class. Come to one or come to all of the classes.

This class is available in-person at Free Range South Wing and online.

Limited space available for in-person classes. All COVID-19 safety guidelines will be followed.

Whether teens recognize it or not, they are stressed. COVID has just added another level of stress to their lives. Many of the school activities that would normally relieve this stress are not happening right now, so teens don't have an outlet for their stress to go. That's why Anne is so passionate about offering this class.

Here is what students are saying about this class:

"Yoga gives me a break from my daily life and allows me to focus on me. Yoga makes me feel relaxed and peaceful."

"Yoga makes me feel grounded. It connects me to my inner self and allows me to take a break from my chaotic life."

Who doesn't want to feel peaceful and grounded? Step out of your comfort zone and give this class a try!

Please note, those younger than 18 will require a parent signature. YBLY4T is a beginner level.

Contact Anne: anneingersoll@gmail.com for more information.

Bill Maakestad – Tai Chi & Qigong

Chi Flow for Relaxation and Energy

55 minutes. Meets 10:30am - 11:25am
Monday (March 1, 8, 15, 22, 29)
\$32 for five classes in March.



LUCKY YOU! FREE CLASS IN MARCH

“Even though there are five (5) Mondays in March, the cost for each class will remain just \$32. I’m offering **ONE FREE CLASS** to celebrate “Daylight Savings Time” starting in March – all I ask is that students make a small donation of cash, goods, or service to a local charity of their choice sometime in March!”

All March classes will be available in-person or online.

*Everyone signing up for a class will continue to receive the Zoom link and Passcode, allowing them to choose each Monday whether to take the class in person at Free Range or online on Zoom.

In-person: No drop-ins. Maximum 7 students in person at Free Range South Wing. All COVID-19 guidelines will be followed.

Online: All March classes will also be available 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.

Tai Chi & Qigong

55 minutes. Meets 12:05pm – 1:00pm.
Monday (March 1, 8, 15, 22, 29)
\$32 for five classes in March.



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In-person: No drop-ins. Maximum 5 students in person at Free Range South Wing. All COVID-19 guidelines will be followed.

Online: All March classes will also be available 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.

Tuesdays/Thursdays, 5:30pm – 6:30pm

Free Range North Wing

\$90 for nine classes in March

Personal Training: \$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.

Mondays/Wednesdays

5:30pm – 6:30pm

Free Range North Wing

\$100 for ten classes in March

Personal Training: \$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

Gloria will be returning to Reiki in person soon. If you are one of her Reiki clients, contact her to inquire about a long-distance session until she is back.



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!