



December 2021 Information Sheet

Free Range



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

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

How to pay: Register for the month (\$48/\$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. First class is \$5. And Dawn will "Welcome you back if you've been gone" with a \$5 class!

Class cards	5 classes = \$55	10 classes = \$100	20 classes = \$185	90-day expiration
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Dawn will be opening each classroom 10 minutes before class so you can chat with your classmates on Zoom.

Enrollment for the Month:

Register now for December (Chair/Yoga for All are \$48, and Mighty Yoga is \$56 for the month) – details here – after December 1st, contact Dawn directly to register:

In-Studio:

<https://clients.mindbodyonline.com/classic/ws?studioid=136311&stype=-103&TG=132&sVT=353&sView=day&sLoc=0&sTrn=2&date=12/01/21>

Online Streamed Zoom:

<https://clients.mindbodyonline.com/classic/ws?studioid=136311&stype=-103&TG=132&sVT=354&sView=day&sLoc=0&sTrn=2&date=12/01/21>

- **Chair Yoga** - 60 min. T/TH 10:00am. Zoom and In Studio. *No class on December 23rd, 28th, 30th.

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 5:00pm. Zoom and In Studio. *No class on December 23rd, 28th, 30th.

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. Zoom and In Studio. *No class on December 24th, 29th, 31st.

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.

- **Joy Yoga** - 40 min. Wednesdays. 12:10pm – 12:50pm. 3 classes for the month (12/1, 12/8, 12/15) for \$24. Zoom and In Studio.

Get ready to feel happy, peaceful, and vibrant! Joy Yoga is a class of purely joyful movements where you can find happiness and hope mid-week. Get ready to smile and let your heart reclaim its joy! Feel lighter and more resilient. Find delight in the breath, movement, and carving out a tiny bit of time for yourself mid-week.

- **Stretch Bliss** - 45 min. Tuesdays. 6:30pm – 7:15pm. 3 classes for the month (12/7, 12/14, 12/21) for \$24. Zoom and In Studio.

Stretch Bliss is your Rx for tension. Tight everywhere? Frequent headaches? Can't sleep? This peaceful class will help you relax your shoulders and stretch away tension and improve your flexibility. What to expect: miracles and deep peace. :) Find calm + deep stretches + breathing and relaxing.

Please note:

*My classes will be going up slightly as of January 1st. The cost for a drop in will be \$15 and my classes will be \$10 x the number of sessions. Class cards will also be adjusted. If anyone has a financial hardship due to these changes, reach out to me and we can find a solution. And if you have any questions, please contact me. Thanks! Dawn

Practice Yoga when it fits your schedule!

“On Demand” Classes: Full length class recordings just like you were on Zoom

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? Whatever your reasons – you can take one class for \$10 or 30 days unlimited for \$50 through 12:31. Yoga on your schedule. There are 270+ full length classes available now!

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

Online Video Library: See <http://www.freerangeyoga.us/online-classes/> **Just \$10/month** for unlimited viewing. Library of clips of yoga basics, breathing, balance, relaxation, and more to help you build your practice from the ground up. Various levels.

Tim Piper, Ed.D., CSCS*D – Strength Training



- **The Strength Lab** – 60 min. 5:15pm – 6:15pm. Tuesdays/Thursdays. \$75.00 for the month of December. *No class December 23rd, 28th, 30th.

The Strength Lab – is taught by Tim Piper, a strength coach with 30 years of training and experience and numerous certifications. He will teach you how to safely and effectively become stronger, more confident, and improve your overall fitness. Class is designed around your past and current injuries, illnesses, and issues in a personalized approach. If want to learn how to lift but don't know where to start, this class will put you on the right path.

Those in Tim's class LOVE it! And they are seeing awesome results.

Enrollment for the Month:

<https://clients.mindbodyonline.com/classic/ws?studioid=136311&stype=-103&sTG=132&sVT=353&sView=day&sLoc=0&sTrn=10000013&date=12/01/21>

or let Dawn know that you want a spot for December and send a check now – it's \$75.00 for 6 classes in December.

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



- **Chi Flow for Relaxation and Energy** – 55 min. 10:30am – 11:25am. Monday (December 6, 13, 20). \$24 for three classes in December. **12-person max for in-studio classes.**

***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.**

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 min. 12:05pm – 1:00pm. Monday (December 6, 13, 20). \$24 for three classes in December. **8-person max for in-studio classes.**

***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.**

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!

PRIVATE YOGA, PLAYFUL MOVEMENT, YOGA THERAPY, MEDITATION, AND BREATHWORK:

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



Private Sessions – In Person and on Zoom

- 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.
- Sessions are held on Zoom so you can gather a group from anywhere in the world.
- **GREAT GIFT FOR THE HOLIDAYS! BRING YOUR FAMILY AND FRIENDS TOGETHER!** 😊

Can be paid online or on Venmo. Contact Dawn. 309-333-5069 or dawn@freerangeyoga.us