

EVERYBODY-ZINE



Welcome to Everybody-Zine!! A monthly newsletter with all of the exciting things happening at EveryBody Zen Yoga & Fitness. This is your one stop source for news on events, new class offerings, blogs, and so much more! Our community is what makes EveryBody Zen Yoga & Fitness so special and we are so glad to share this newsletter with you!

A VERY HAPPY MOTHERS DAY MONTH!!



We want to wish all of our mammas a very happy Mothers Day month!! We wouldn't be here without our mothers (quite literally), and a mothers love is like none other. We have a few mammas at the studio who regularly practice with their children, and they often come into the studio together! It is such a great activity to do to connect and to teach the benefits of health and yoga. We would love to open it up for more parents to practice with their children, so for the entire month of May, bring your child 9 or older with to a class with you for free! Do you have a younger kiddo? We will be starting our kids classes again in June! Stay tuned for more details!

REACH BEYOND: BACKBENDS AND HEART OPENERS



The next installment of Marissa's workshop series will focus on backbends and heart openers! Backbends and heart openers have an array of physical benefits which help bring your body into balance. They strengthen your back, shoulders, chest, and hips as well as lengthen your spine, increase flexibility, and improve mobility.

In this all-levels workshop beginners to backbends will learn safe ways to enter and hold postures, and those who already have a backbend practice will learn new variations and how to safely deepen your practice.

There will be plenty of time for individual coaching all while having a great time!

Sunday, May 22
2pm - 3:30pm
\$25 per person

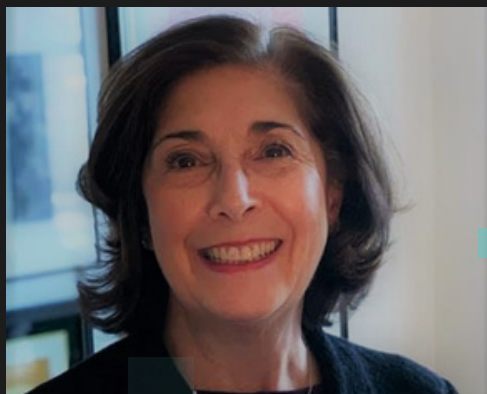


VIN TO YIN RECAP!!

We absolutely love seeing our amazing community connect. Friday, April 29 was the Vin to Yin event! It started with a wine tasting led by beloved EBZ student John Del Vecchio featuring Scout and Cellar clean crafted wines. These amazingly tasty wines are also free of toxic pesticides and low in sulfites. After everyone enjoyed their wine tasting, they went into the studio for a juicy Yin yoga class led by Naomi to end the evening in complete bliss! Keep an eye out for more events like this in the future!

For more information or to order Scout and Cellar wines, visit:

www.scoutandcellar.com/winewithjohn



EVERYBODY ZEN TEACHER PROFILE: LORETTA

The one word to describe Loretta would be.. .SUNSHINE. She exudes sunshine whenever she walks into a room. This Long Island girl has a history in Iyengar and Restorative yoga. Her classes are heartfelt and will leave you feeling blissful. Speaking of Mothers Day, when asked who she admired, she said her mother, who was very loving and kind, and taught her children that love, family, and being true to yourself were most important.

This certainly shows in Loretta! Catch her every Sunday at 5:00pm for a beautiful Deep Stretch.

CURRENT SCHEDULE AND PRICING



CLASS SCHEDULE

MONDAY

7:15am-8:00am	Morning Express
	Flow
9:00am - 10:00am	Pilates-Barre
12:15pm - 1:00pm	Lunchtime Express
	Flow
5:15pm - 6:15pm	Prenatal Yoga
6:30pm - 7:30pm	Power Flow

WEDNESDAY

7:15am - 8:00am	Morning Express
	Flow
9:00am - 10:00am	Core Flow
12:15pm - 1:00pm	Lunchtime Express
	Flow
6:00pm - 7:00pm	Peaceful Warrior
7:15pm - 8:30pm	Yin/Deep Stretch

FRIDAY

7:15am - 8:00am	Morning Express
	Flow
9:00am - 10:00am	Barre
12:15pm - 1:00pm	Lunchtime Express
	Flow

SUNDAY

9:00am - 10:00am	Power Flow
10:30am - 11:30am	Slow Flow
5:00pm - 6:00pm	Deep Stretch

TUESDAY

9:00am - 10:00am	Power Flow
10:30am - 11:30am	Slow Flow
6:00pm - 7:00pm	Barre
7:30pm - 8:30pm	Power Flow

THURSDAY

9:00am - 10:00am	Power Flow
10:30am - 11:30am	Slow Flow
6:00pm - 7:00pm	Pilates-Barre
7:30pm - 8:30pm	Power Flow

SATURDAY

9:00am - 10:00am	Power Flow
10:30am - 11:30am	Slow Flow

*Hours subject to change due to holidays or unforeseen circumstances



MEMBERSHIPS / PRICING

Charleston Residents get their first class free!

CLASS PACKS

Single Class	\$20
5 Class Pack	\$85
10 Class Pack	\$150

MEMBERSHIPS

Locals 1st month special	\$59
1 month unlimited	\$120
3 month unlimited	\$325
6 month unlimited	\$600
Yearly unlimited	\$1000
Monthly auto-draft (1-year contract)	\$99