

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!

ACUPUNCTURE, YIN, AND REIKI? YES PLEASE!!!!



We are so excited that local acupuncturist, Jane Matthews, and the Queen of Yin and Reiki, Naomi Pagan-Fox are collaborating on a seasonal workshop incorporating acupuncture, Reiki, and Yin yoga at EBZ! The first one will be on Friday, March 11, entitled "The Spring Cleaning". It will focus on the gallbladder and liver meridians (solar plexus chakra). When this meridian is balanced, there is less procrastination and hesitation, and more courage at making sound decisions. On a physical level, a balanced solar plexus chakra can improve gastric and digestion issues. The workshop will be followed by sipping tea with your EBZ friends! Space is limited, so be sure to book in advance. online, via the EBZ app, or in the studio.
When: Friday, March 11, 2022 6pm - 8:00pm
Price: \$75

EBZ SUNDAY YOGA AT ESTUARY BEANS & BARLEY



Remember those super fun classes we would hold at Estuary Beans & Barley prior to opening the studio? Even if you weren't there, no worries! We are back!! On a regular basis. Join us every 1st and 3rd Sunday of the month for a fun and light-hearted 45 minute flow, and some of Estuary's amazing beer or coffee! The first one is this Sunday, March 6! Pre-register to reserve your spot!

When: Sunday, March 6

\$20 per person (includes one beer or coffee)

I'M TIRED.
IT'S TOO COLD.
IT'S TOO HOT.
IT'S RAINING.
IT'S TOO LATE.
LET'S GO!

WHY IS CONSISTENCY IMPORTANT?

One of the beautiful things about yoga is that it is a practice, not a perfect. Whether your goal is to become more relaxed in your every day life, general health, a physical transformation, or to stand on your hands, you will achieve that goal with a consistent practice. The time and commitment of showing up for yourself every single day, every single week, and every single month can open up any door that you could want. "Small disciplines repeated with consistency every day lead to great achievements gained slowly over time" John Maxwell. The EBZ team is here for you every step of the way!



EVERYBODY ZEN TEACHER PROFILE: JASMINE

Creative, genuine, and quirky, Jasmine is a POWER HOUSE!! She will always be there to have an intelligent conversation about a book, a movie, music, traveling (or pretty much anything else) and then teach an amazing class with a killer playlist! You know you are going to have a blast with anyone who, when asked what her superpower would be if she were a superhero, said it would be "full on, body snatching, Rapunzel hair". Not only is Jasmine an incredible teacher and person, she is co-owner of one of our favorite food trucks (and best pizza in Charleston!), Dough Boys!! Catch her every Thursday at 9am and 10:20am

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

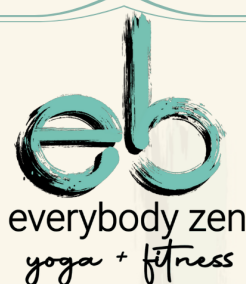
THURSDAY

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