

# 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!

## **VOTE FOR US!!! CHARLESTON CITY PAPER'S "BEST OF CHARLESTON"**

A year ago we not only began construction on a studio, we began construction on a dream. We dreamt of a community, a place where everyone was welcome and everybody felt they belonged.

Where every single person could not only experience the benefits of yoga and fitness, but also become part of a family. We are so proud and grateful for what has been and continues to be built. We are also beyond excited and grateful that we have been nominated as a finalist for Charleston City Paper's 'BEST YOGA STUDIO'!!

Let's show what John's Island and Everybody Zen has to offer and win this thing! Vote for us at <https://bestof.charlestoncitypaper.com/.../best-yoga-studio>





## REACH BEYOND: A MONTHLY WORKSHOP TO ELEVATE YOUR PRACTICE

Back regularly by popular demand! Marissa will lead you through a 1.5 hour workshop aimed at up-leveling your practice! Every month will cover a different theme including inversions, arm balances, and backbends. Every workshop is all levels. If you are a beginner, you will learn drills to build the strength and alignment to safely up-level your practice. If you already have an advanced practice, you will learn new variations to have fun with. The next workshop focuses on crow and side-crow and is on Sunday, April 10 2pm - 3:30pm  
\$25 per person



## YOU CAN CHANGE THE WORLD (AROUND YOU)

In the course of human history, very few individuals have changed the entire world. You can probably name a rare few individuals who actually made lasting impacts across our globe. To be blunt, the chances of somebody reading this who will actually one day change the world is slim. However, every single one of you have a chance right now to change the world around you. Simple actions can have drastic consequences. You never know when the person next to you is having a terrible run of luck, when a sincere smile or kind word from a stranger turns their day around. Think about the last time you received an unsolicited compliment and how that instantly boosted your spirits, possibly even altering how you treated others for a while. Kindness costs nothing and it's very contagious. If everybody would make it a personal goal to extend an act of kindness to one stranger, once a day, the results would likely be shocking and world-changing...at least in your little part of the world.



## EVERYBODY ZEN TEACHER PROFILE: ERIKA

Erika, Erika, Erika. A quirky, fun, loving human being. She seems so sweet, but will sneak in there with a butt-kicking class! (In only all the best ways, of course). When asked what the best piece of advice she's ever been given is, she replied "be your unique self, pave the way for who you are, and by doing so, you will help inspire others to find their authenticity". Such beautiful advice, and something we whole-heartedly promote. When Erika isn't teaching, she is a professional makeup artist and stylist! (if you have seen her, that will come as no surprise). Catch her every Sunday morning at 9:00am and 10:30am

# 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