

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!



JANUARY WORKSHOPS!

Whether you are an absolute beginner, advanced, or anywhere in between, it is great to work on fundamentals! We are excited to offer 4 amazing workshops in January for exactly that!

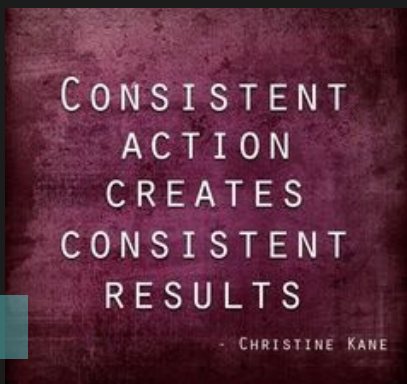
January 9: Fundamentals of Yin (With Naomi)

January 16: Fundamentals of Barre (With Erin)

January 23: Fundamentals of Yoga 1 (With Amy)

January 30: Fundamentals of Yoga 2 (With Amy)

You can take any one (or more than one) individually, or you can take all 4! \$25 for each individual workshop or \$80 for all 4. Registration is open on our website.



JANUARY CHALLENGE!!

Get your 2022 started off with a bang!! Consistency is key to building a solid practice, and to receiving the most benefits, mentally and physically. To give a bit of an incentive to get your year started off in a great way, if you take 25 classes in the month of January, you will get a free Everybody Zen t-shirt or tank of your choice! All class types count, and you can take multiple in a day. Email everybodyzen@outlook.com to register for the challenge!



SET YOUR INTENTIONS, AND REACH FOR THE STARS!

The new year is a great time to set goals and intentions. Whether it be with fitness, with family, professional, romantic, financial, learning a new yoga pose, practicing Barre or anything else...write it down! We challenge you to write 5 intentions for the new year, put the list in an envelope. Leave that envelope somewhere safe to be opened on this very day next year! And reach for the stars!! You are capable of anything you set your mind to.



EVERYBODY ZEN TEACHER PROFILE: ERIN

Erin is one of our much loved instructors, who teaches, well, everything we offer (all yoga styles and Barre)! She moved to Charleston from Portland, Maine and obtained her advanced yoga teaching certification at Kranti Yoga School in Goa, India. Erin lives a yogic lifestyle and loves to share her skills and knowledge. She loves the beach, being outdoors, and enjoying nature. Her kind and light-hearted personality shows in her classes! You can catch Erin every Wednesday at 9am for her Vinyasa flow, and she will be leading the Barre Fundamentals workshop on January 16!

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	Vinyasa
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

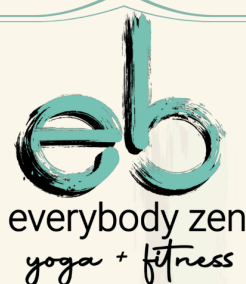
9:00am - 10:00am	Power Flow
10:30am - 11:30am	Slow Flow
6:00pm - 7:00pm	Pilates-Barre
7:30pm - 8:30pm	Candlelight
	Slow Flow

SATURDAY

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

www.EveryBodyZenYoga.com

*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