

FEBRUARY 2024 Wellness Calendar at The Evolve Studio

Yoga Fees: Drop In \$12, 5 pack for \$50, 10 pack for \$90

Strength/MIXFIT Fees: Drop In \$12, 5 pack for \$55, 10 pack for \$99

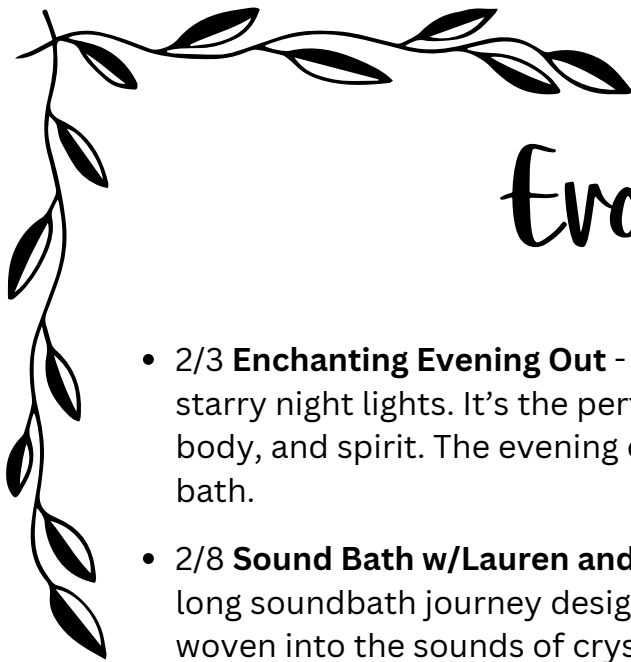
***NOTICE: At least 2 participants must sign up 2 hours before class time in order to hold class.**

PLEASE sign up online, on our App, or by messaging your instructor at least 2 hours before class.

**NOTE: EARLY AM MIXFIT CLASS
5:20-6:00 AM (M/W/F)
& POWER UP T/TH 8:30- 9:15AM
MOVED TO THE HIGH SCHOOL
WELLNESS CENTER**

<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>
2	3 9:10-9:40 Chair Yoga 10-11 am Qigong Flow 4:30-5:30pm All Levels Yoga *Enchanting Evening Our Event 6-7:30 pm	4 8-9 am All Levels Yoga 10:30 -11:10 LOW IMPACT STRENGTH 4:30-5:30 pm All Levels Yoga	5 9-10 am SLOW FLOW YOGA 4-4:45 Yoga Sculpt Lite	6 8-9 am All Levels Yoga 9:30-10:15 am Yin Yoga 10:30-11:10 LOW IMPACT STRENGTH	7 9-10 am Yoga + Qigong	8 *Soundbath with Lauren & Cathy Jo Event 12 pm
9	10 9:10-9:40 Chair Yoga 10-11 am Qigong Flow 4:30-5:30p All Levels	11 8-9 am All Levels Yoga 10:30 -11:10 LOW IMPACT STRENGTH *New Moon Meditation Event	12 9-10 am SLOW FLOW YOGA *Tandem Harmony Event 6 pm	13 8-9 am All Levels Yoga 9:30-10:15 am Yin Yoga 10:30-11:10 LOW IMPACT STRENGTH	14 9-10 am Yoga + Qigong	15 *Sound Bath w/Jennie 12 pm
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23	24 9:10-9:40 Chair Yoga 10-11 am Qigong Flow 4:30-5:30p All Levels	25 8-9 am All Levels Yoga 10:30 -11:10 LOW IMPACT STRENGTH	26 9-10 am SLOW FLOW YOGA 4-4:45 pm Yoga Sculpt Lite	27 8-9 am All Levels Yoga 9:30-10:15 am Yin Yoga 10:30-11:10 LOW IMPACT STRENGTH	28 9-10 am Yoga + Qigong	1

BOOK NOW AT: www.evolvewrightstown.com/events-calendar



Evolve Studio Events

- **2/3 Enchanting Evening Out** - 6-7:30 pm - Join us for an enchanting candlelight evening under starry night lights. It's the perfect way to start your week, end your Monday, and nourish your mind, body, and spirit. The evening combines a gentle, cozy yoga with a guided meditation and sound bath.
- **2/8 Sound Bath w/Lauren and Cathy Jo from Soundbath Revibe** 12-1 pm - A transformative hour long soundbath journey designed to calm the mind and rejuvenate the body. Lauren's vocals are woven into the sounds of crystal singing bowls, crystal harp, drums, and the gong.
- **2/11 New Moon Meditation and Cacao Ceremony** 6-7:30 pm - This ceremony incorporates cacao, meditation, sound, and a group prayer offering. Join us for the opportunity to come together to give thanks, reset, and ignite your intentions into action.
- **2/12 Tandem Harmony - Soundbath Event for Two** 6-7:30 pm - A unique event designed for two, significant other, good friend, or mother/daughter. Enjoy a 40 minute sound bath, after learn massage techniques, and ending with a beautifully prepared charcuterie board for 2.
- **2/15 Sound Spa w/Jennie** 12-1 pm Join Jennie for an hour of relaxation. The soothing sound will help you release tension, calm your mind, melt stress away, and connect with your inner self.
Email JoyfulBeingLLC@gmail.com to reserve a spot.
- **2/21 Pound and Sound** 6-7:30PM- POUND Unplugged is a 30-40-minute class that balances focused, high intensity exercises with restorative movements, rhythmic breathing and meditation. Quick, efficient and challenging, the workout guides participants through a deeply intentional journey designed to promote the health and fitness of the whole person – mental, physical and emotional. POUND class will be followed by a SOUND SPA experience featuring singing bowls, chimes, drums, gong sounds and vibrations and much more. This is an out of this world experience by Soul Symphony's Sherry Van Rossum.

