Summer Yoga Workshops
With Erin Souik

$12 per class or 5 pack for $50

Mats and equipment will be provided

Water bottle and personal towel are encouraged

Please reserve your spot by calling

(920)459-9090

4000 Enterprise Drive

Sheboygan WI, 53083

CREEKSIDE
PERFORMANCE CENTER

June 26, 2019 - Yoga For Better Sleep & Meditation

Understand the connection of mind/body awareness to better manage stress, over thinking, improve sleep, and more!

12:15pm - 1:00pm
Ages 10+ are encouraged
20 participant maximum

July 15, 2019 - Power Yoga For Athletes

Build your strength, increase flexibility and learn to prevent injury in this power class! Best for you weekend warriors, runners and Crossfitters!

12:30pm - 1:30pm
20 participant maximum
Weather permitting this event may be held outdoors!

July 31, 2019 - Yoga for Better Balance

Ready to take your practice to the next level? In this class you will be taught how to properly and safely invert and balance yourself!

12:15pm - 1:00pm
Foundational practice is strongly recommended!
12 participant maximum

August 05, 2019 - Yoga For Back/ Hip/ Knee Pain

Compliment your chiropractic care and massage therapy by learning to manage your back/hip/knee restrictions. Class will involve tools such as blocks, foam rollers, and chairs to provide safe body movements.

12:30pm - 1:30pm
14 participant maximum

August 21, 2019 - Bringing Yoga Off The Mat

Establishing a home practice and learn how to nourish your body inside and out by learning the boundaries of detoxification through postures and nutrition.

12:15pm - 1:00pm
Ages 10+ are encouraged!
20 participant maximum
Weather permitting this event may be held outdoors!