



March 2021

Studio at Lotus
Located within
Lotus Be Well
47 N. Main St. Hartford
www.lotusbewell.com

Pre-Register for ALL Classes. Drop-ins Welcome. Class Descriptions and More Info on the BACK→→→→→

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:45-6:45pm Vinyasa Flow - Laura Lien Pre-Registration Limited to 12	2 9:00-10:00am Awakening Vinyasa Flow Mixed Levels Nikki Spinelli Limited to 12 Pre-Register	3 9:00-10:00am Vinyasa Flow/Yoga Fusion Laura Lien Limited to 12 Pre-Register	4 9:00-10:00am Vinyasa Flow Mixed Levels Nikki Spinelli Limited to 12 Pre-Register	5 VIRTUAL IN-HOUSE YOGA / FITNESS Open 8 am - 4:30 pm	6 VIRTUAL IN-HOUSE YOGA / FITNESS Open 8 am - 2 pm
7	8 5:45-6:45pm Vinyasa Flow - Laura Lien Pre-Registration Limited to 12	9 9:00-10:00am Awakening Vinyasa Flow Mixed Levels Nikki Spinelli Limited to 12 Pre-Register	10 9:00-10:00am Vinyasa Flow/Yoga Fusion Laura Lien Limited to 12 Pre-Register	11 9:00-10:00am Vinyasa Flow Mixed Levels Nikki Spinelli Limited to 12 Pre-Register	12 VIRTUAL IN-HOUSE YOGA / FITNESS Open 8 am - 4:30 pm	13 VIRTUAL IN-HOUSE YOGA / FITNESS Open 8 am - 2 pm
14	15 5:45-6:45pm Vinyasa Flow - Laura Lien Pre-Registration Limited to 12	16 9:00-10:00am Awakening Vinyasa Flow Mixed Levels Nikki Spinelli Limited to 12 Pre-Register	17 9:00-10:00am Vinyasa Flow/Yoga Fusion Laura Lien Limited to 12 Pre-Register	18 9:00-10:00am Vinyasa Flow Mixed Levels Nikki Spinelli Limited to 12 Pre-Register	19 VIRTUAL IN-HOUSE YOGA / FITNESS Open 8 am - 4:30 pm	20 VIRTUAL IN-HOUSE YOGA / FITNESS Open 8 am - 2 pm
21	22 5:45-6:45pm Vinyasa Flow - Laura Lien Pre-Registration Limited to 12	23 9:00-10:00am Awakening Vinyasa Flow Mixed Levels Nikki Spinelli Limited to 12 Pre-Register	24 9:00-10:00am Vinyasa Flow/Yoga Fusion Laura Lien Limited to 12 Pre-Register	25 9:00-10:00am Vinyasa Flow Mixed Levels Nikki Spinelli Limited to 12 Pre-Register	26 VIRTUAL IN-HOUSE YOGA / FITNESS Open 8 am - 4:30 pm	27 VIRTUAL IN-HOUSE YOGA / FITNESS Open 8 am - 2 pm
28	29 5:45-6:45pm Vinyasa Flow - Laura Lien Pre-Registration Limited to 12	30 9:00-10:00am Vinyasa Awakening Level 1-2 Nikki Spinelli Limited to 12 Pre-Register	31 9:00-10:00am Vinyasa Flow/Yoga Fusion Laura Lien Limited to 12 Pre-Register	1 9:00-10:00am Vinyasa Flow Mixed Levels Nikki Spinelli Limited to 12 Pre-Register	2 VIRTUAL IN-HOUSE YOGA / FITNESS Open 8 am - 4:30 pm	3 VIRTUAL IN-HOUSE YOGA / FITNESS Open 8 am - 2 pm

Pre-Registration required. Register at least 2 hours prior (Gong Bath register by Saturday @ noon). Drop-in welcome, seat is not reserved and there is no notification if class is cancelled due to participation. Need 4 to hold class.

Vinyasa Flow (mixed levels): Vinyasa Flow is a dynamic sequence of asanas linking conscious breath with mindful movement creating a powerful practice for the mind, body and soul. This practice incorporates mantras, movement, a variety of epic music and meditation that will build heat, endurance, flexibility, strength and mental focus. Limited to 12. Drop-ins welcome.

Yoga Fusion: A blend of traditional yoga and dynamic strength training with small hand held weights and/or bands. Blends dynamic strength training or functional mobility practices with the mindful principles of yoga for increased cardiovascular fitness, physical recovery, agility, and body confidence. Open to all levels as weights and bands are optional. Limited to 12. Drop-ins welcome.

Awakening Vinyasa Flow—Mixed Levels

This flowing vinyasa class is geared to take the student deeper into postures at a slower pace, while focusing on alignment and breath. Modifications and challenges offered with use of props. The student will feel ready to welcome the day! Limited to 12. Drop-ins welcome.

Gong Bath: An ancient, multi-dimensional form of sound healing meditation with Kathy Zvara. Gong Baths are held every other week, except holidays. Limited to 12. Drop-ins welcome.

Drop-ins: Please know that if the class is full or cancelled due to participation, we can not notify you.

Virtual In-House Fitness / Yoga - These classes use a virtual yoga teacher / fitness instructor and are held in the studio. Cost is \$7/class. Other options: Monthly Virtual Fitness Unlimited Access Plan \$45/mo or Annual Virtual Fitness Unlimited Access Plan is \$30/mo. This Fitness Access Plan includes over 40 classes per week. No pre - registration required. Other classes(chair, beginner or intermediate) include: Pilates, Kickboxing, Cardio, Dance Cardio, Barre, Strength, Cardio + Strength, Bootcamp, Stretching, and Boxing. The Studio is OPEN to the class of your choice. First person in on the hour, decides the class. No set class schedule.

[More info at LotusBeWell.com](https://www.lotusbewell.com)

Call Lotus Be Well - (262) 457-2222