



# October 2020

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
27	28	29	30	1	2	3
<b>10:30-11:30am</b> Gong Bath Kathy Zvara \$20 <a href="#">Pre-Register</a> Limited to 10	<b>5:45-6:45pm</b> Vinyasa Flow - Laura Lien <a href="#">Pre-Registration</a> Limited to 10	<b>9:00-10:00am</b> enCORE Yoga Margie Olsen Limited to 8. <a href="#">Pre-Register</a>	<b>9:00-10:00am</b> Vinyasa Flow/Yoga Fusion Laura Lien <b>6:00-7:00pm</b> Hatha/intention/breath work Kathy Zvara <a href="#">(Pre-Register)</a> Limited to 10.	<b>9:00-10:00am</b> enCORE Yoga Margie Olsen Limited to 8. <a href="#">Pre-Register</a>		<b>LBW 5th Anniversary and Downtown Hartford's Fall Frolic 9a-3p</b>
4	5	6	7	8	9	10
	<b>5:45-6:45pm</b> Vinyasa Flow - Laura Lien <a href="#">Pre-Registration</a> Limited to 10	<b>9:00-10:00am</b> enCORE Yoga Margie Olsen Limited to 8. <a href="#">Pre-Register</a>	<b>9:00-10:00am</b> Vinyasa Flow/Yoga Fusion Laura Lien <b>6:00-7:00pm</b> Hatha/intention/breath work Kathy Zvara <a href="#">(Pre-Register)</a> Limited to 10.	<b>9:00-10:00am</b> enCORE Yoga Margie Olsen Limited to 8. <a href="#">Pre-Register</a>		
11	12	13	14	15	16	17
<b>10:30-11:30am</b> Gong Bath Kathy Zvara \$20 <a href="#">Pre-Register</a> Limited to 10	<b>5:45-6:45pm</b> Vinyasa Flow - Laura Lien <a href="#">Pre-Registration</a> Limited to 10	<b>9:00-10:00am</b> enCORE Yoga Margie Olsen Limited to 8. <a href="#">Pre-Register</a>	<b>9:00-10:00am</b> Vinyasa Flow/Yoga Fusion Laura Lien <b>6:00-7:00pm</b> Hatha/intention/breath work Kathy Zvara <a href="#">(Pre-Register)</a> Limited to 10.	<b>9:00-10:00am</b> enCORE Yoga Margie Olsen Limited to 8. <a href="#">Pre-Register</a>		
18	19	20	21	22	23	24
	<b>5:45-6:45pm</b> Vinyasa Flow - Laura Lien <a href="#">Pre-Registration</a> Limited to 10.	<b>9:00-10:00am</b> enCORE Yoga Margie Olsen Limited to 8. <a href="#">Pre-Register</a>	<b>9:00-10:00am</b> Vinyasa Flow/ Yoga Fusion Laura Lien <b>6:00-7:00pm</b> Hatha/intention/breath work Kathy Zvara <a href="#">(Pre-Register)</a> Limited to 10.	<b>9:00-10:00am</b> enCORE Yoga Margie Olsen Limited to 8. <a href="#">Pre-Register</a>		
25	26	27	28	29	30	31
<b>10:30-11:30am</b> Gong Bath Kathy Zvara \$20 <a href="#">Pre-Register</a> Limited to 10	<b>5:45-6:45pm</b> Vinyasa Flow - Laura Lien <a href="#">Pre-Registration</a> Limited to 10.	<b>9:00-10:00am</b> enCORE Yoga Margie Olsen Limited to 8. <a href="#">Pre-Register</a>	<b>9:00-10:00am</b> Vinyasa Flow/Yoga Fusion Laura Lien <b>6:00-7:00pm</b> Hatha/intention/breath work Kathy Zvara <a href="#">(Pre-Register)</a> Limited to 10.	<b>9:00-10:00am</b> enCORE Yoga Margie Olsen Limited to 8. <a href="#">Pre-Register</a>		

**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:** 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 10. 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 10. Drop-ins welcome.

**enCORE Yoga:** A Pilates-infused yoga class designed to develop core strength in order to increase your overall energy, reduce chronic pain and develop proper posture. Each class offers multiple variations of poses and makes use of common place props, allowing your body to go deeper into the pose without going too far, too fast. Limited to 8. Drop-ins welcome.

**Hatha/Intention/Breath Work** - Wind down from the day with a practice that will help to calm and center the nervous system, increase strength and flexibility. Classic yoga postures combined with proper mindful breathing and grounding techniques will allow you to move into your evening with ease in the body and peace of mind. Limited to 10. 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 10. Drop-ins welcome.

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

[More info at LotusBeWell.com](http://LotusBeWell.com)

Call Lotus Be Well - (262) 457-2222