

WHY PRACTICE YOGA & WHY CHOOSE THE YOGADEN?

Throughout our unique three-stage approach, you are guided to move at your own pace, honoring your body's needs in each moment. Kripalu Yoga at The Yoga Den develops the body, mind, and spirit in a compassionate and non-judgmental way. You leave the class feeling uplifted and centered.

FOR YOUR BODY

- ◆ Stretches, strengthens, tones muscles
- ◆ Releases chronic tension
- ◆ Improves circulation
- ◆ Energizes and refreshes

FOR YOUR MIND

- ◆ Calms restless thoughts
- ◆ Cultivates concentration
- ◆ Supports mental clarity & confidence
- ◆ Promotes self-awareness

FOR YOUR SPIRIT

- ◆ Connects you to your Self
- ◆ Encourages self-acceptance
- ◆ Honors inner wisdom
- ◆ Invites deep stillness

SO MUCH MORE THAN MAKING YOU STRONG & FLEXIBLE!

If you want to deeply connect with your body, mind, & spirit, and explore what it means to be fully alive, Kripalu Yoga is what you've been looking for! Find it at The Yoga Den!

YOGA FOR REAL PEOPLE!!!

If you have any questions, concerns, or would like any additional information, please contact me! Call & ask for Annette, or email me directly at annette@redrockstore.com I look forward to talking to you... -Annette-

Ongoing Schedule

Schedule can vary due to seasonal changes &/or extenuating circumstances; notice provided!

LEVEL 1 (Gentle)

"New to yoga or unsure of fitness level!"
JUST CALL TO TALK ABOUT CLASS OPTIONS!

MIXED LEVELS (Moderate)

"Deepen your practice; Explore your edge!"

TUESDAYS - 10:30 AM

WEDNESDAYS - 10:30 AM & 5:00 PM

SATURDAYS - 10:30 AM

Classes are modified based on the needs of those present. Students of all levels expand awareness in a supportive environment, connecting with an enhanced body/mind integration. O.K. for beginners with a somewhat active lifestyle; Ideal for anyone progressing in their yogic learning.

- Come when YOU want! Start anytime. Just **call ahead to reserve space!**
- All classes are about 90 minutes (classes consisting of just one student are about 60 minutes).
- It's best to practice yoga on an empty stomach.
- Yoga mats & props provided --or bring your own!
- Additional or alternative class times may evolve based on your feedback. Thank you!
- **Cost per single class is \$12.00Save money by purchasing multi-class punchcards:**
 1. 4 - class punchcard.....\$44.00 (save \$4.00)
 2. 8 - class punchcard.....\$84.00 (save \$12.00)
 3. 12- class punchcard....\$120.00 (save \$24.00)
- **Your purchased punchcard of choice will stay on file for you at The Yoga Den!**
(Valid for one year; limit one client per card!)
- Full-length Private & on/off-site specially arranged Small Group Classes Available - Call for info!
- It is advisable to check with your physician before beginning any exercise program.
- Yoga mats, books, videos, dvds, and other yoga resources/supplies available onsite at Red Rock Wilderness Store!
- Water is provided throughout each class. Additional refreshments for sale at Red Rock

REAL COMMENTS FROM REAL PEOPLE:

"This yoga gave me what I came for: a deepening of my practice, a contact with my soul, and a connection with the greater web of life."

"That calm, yet invigorated state of mind lasted long after the class ended... I felt so focused & relaxed; it was almost like a feeling of relief as I went on with the rest of my day!"

"It's changing my life! I can feel my body literally opening & unfolding...hey, I can really do this! My back pain is gone; I feel great!"

"I found it to be real and practical. It focuses on the important things: breathing, movement, balancing flexibility with strength and developing clear awareness of what's going on within and around you."

RECLAIM YOUR RADIANT HEALTH & WELL-BEING! GIVE US A CALL!

(218)365-4512 or 365-5489 (800)280-1078

THE YOGA DEN IS EASY TO FIND: We are located at Northwind Lodge/Red Rock, 15 miles northeast of Ely on the Fernberg Road. Just look for the Northwind Lodge/Red Rock Wilderness Store sign, on the left, immediately after the Tofte & Ojibway Lake access roads. Our driveway is about 1.5 miles before the Moose Lake Road and 5 miles before the Lake One BWCAW entry point!

ANNETTE'S PERSONAL YOGA PRACTICE:

My practice is about cultivating steadiness, receptivity, & awareness; fully embracing life's journey. It's not about contorting my body into a pretzel! Strength, flexibility, & vitality emerge from a balanced, compassionate approach which honors, discovers, & connects with the inner wisdom inherent in every body. Unleash the wellness within!



Located at 2267 Fernberg Road by
Red Rock Wilderness Store

Mailing Address: P.O. Box 690, Ely, MN 55731
(218)365-5489 (800)280-1078

I invite you to explore a different kind of yoga...in a natural setting...on your own terms! Reclaim your radiant health and well-being!

ANNETTE M. BALTICH, M.S., R.Y.T.
Certified Kripalu Yoga Instructor

Welcome!

Join me for classes!

There's NO need to be especially strong or flexible!

Please call to reserve a space in the
class you wish to attend.

