



WELLNESS FITNESS PROGRAM FOR TEACHERS



Yoga for Teachers Tuesday, October 24, 7-9pm

Enjoy a 1.5-hour yoga workshop followed by a 30-minute Integrative Nutrition Presentation/Juice Tasting.

Everyone knows that teachers give their heart and soul to their students every single day. This workshop gives teachers the opportunity to pause from taking care of everyone else and take care of their own hearts and minds and bodies. Through gentle and playful poses, participants will have the chance to stretch, relax, and reflect on the joys and challenges of being a teacher. Special messaging/instruction in how to incorporate basic yoga practices/breathing techniques into classroom teaching is also woven through the practice. No Yoga experience necessary. Bring your own mat or use one of ours.

Boxing for Teachers Thursday, November 9, 4:30-6:00

Channel your energy into a one-hour BoxingFusion class that will teach you the basics of boxing and physical activity based in the tenets of relieving stress, M/Powering your inner warrior and energizing you in a unique and engaging fitness option. Gloves and mats will be provided and a sense of adventure (and humor) is required!! A 30-minute presentation on meditation and essential oils follows the class (along with some healthy plant-based snacks.)

M/BodyBarre for Teachers Thursday, December 7, 4:15-6:00

Barre is about the physical as well as the aesthetic benefits of lengthening muscles, while strengthening them.. M/BodyBarre combines Pilates, yoga and ballet moves to give you beautiful, sculpted, lean muscles - without the impact and injuries dancers endure. The other, just as significant, aspect of M/BodyBarre is the focus it demands. And the focus you reclaim as you go through your workout - armed to face the rest of your day calmly, confidently, health-fully.

The class will be followed by some hair/makeup/spa services and holiday shopping opportunities!

All workshops are
\$20/person.
Giveaways will occur
at each and anyone
that participates in all
three will receive a
complementary 5-
hour M/Bundle for
classes (\$75 value)

To register, visit
mbodyrochester.com,
hit "Schedule", scroll to
the date and reserve
your spot!

M/Body 1048 University Ave

www.mbodyrochester.com

585. 434.2608



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Yoga for Teachers Tuesday, October 24, 7-8pm

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M/BodyBarre for Teachers Thursday, December 7, 4:35-6:00

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