

Inhale Yoga 2020 January Calendar

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| January 2020 | | | | | | |
|---|--|--|--|--|--|---|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | 1 CLOSED HAPPY NEW YEAR | 2 6:00AM – Wake Up 9:30AM – Gentle Vinyasa 1 11:00AM – Gentle Vinyasa 2 5:30PM – Vinyasa 60 7:00PM – Hatha 60 | 3 6:00AM – Wall Yin 9:30AM – Gentle Vinyasa 1 11:00AM – Gentle Vinyasa 2 2:00PM – Chair Yin 3:30PM – Wall Yin | 4 7:00AM- Wake Up 9:00AM – Sunrise Vinyasa 10:30AM – Private D.O.C. |
| 5 9:00AM – Stretch & Restore 10:30AM – Wall Yin | 6 6:00AM – Wake Up 9:30AM – Gentle Vinyasa 1 11:00AM – Gentle Hatha 2 2:00PM – Chair 5:30PM – Gentle Hatha 1 7:00PM – Hatha 60 | 7 6:00AM – Wake Up 9:30AM – Gentle Vinyasa 1 12:30PM – Private D.O.C. 5:30PM – Hatha 60 7:00PM – Gentle Vinyasa 1 | 8 6:00AM – Wake Up 9:30AM – Gentle Vinyasa 1 2:00PM – Senior Yoga 3:30PM – Stretch & Restore 5:30PM – Yin & Yang 7:00PM – Gentle Vin/Hatha | 9 6:00AM – Wake Up 9:30AM – Gentle Vinyasa 1 11:00AM – Gentle Vinyasa 2 5:30PM – Vinyasa 60 7:00PM – Hatha 60 | 10 CLOSED RUTH R&R | 11 CLOSED RUTH R&R |
| 12 CLOSED RUTH R&R | 13 6:00AM – Wake Up 9:30AM – Gentle Vinyasa 1 11:00AM – Gentle Hatha 2 2:00PM – Chair 5:30PM – Gentle Hatha 1 7:00PM – Hatha 60 | 14 6:00AM – Wake Up 9:30AM – Gentle Vinyasa 1 12:30PM – Private D.O.C. 5:30PM – Hatha 60 7:00PM – Gentle Vinyasa 1 | 15 6:00AM – Wake Up 9:30AM – Gentle Vinyasa 1 2:00PM – Senior Yoga 3:30PM – Stretch & Restore 5:30PM – Yin & Yang 7:00PM – Gentle Vin/Hatha | 16 6:00AM – Wake Up 9:30AM – Gentle Vinyasa 1 11:00AM – Gentle Vinyasa 2 5:30PM – Vinyasa 60 7:00PM – Hatha 60 | 17 6:00AM – Wall Yin 9:30AM – Gentle Vinyasa 1 11:00AM – Gentle Vinyasa 2 2:00PM – Chair Yin 3:30PM – Wall Yin | 18 7:00AM- Wake Up 9:00AM – Sunrise Vinyasa |
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| 26 9:00AM – Stretch & Restore | 27 6:00AM – Wake Up 9:30AM – Gentle Vinyasa 1 11:00AM – Gentle Hatha 2 2:00PM – Chair 5:30PM – Gentle Hatha 1 7:00PM – Hatha 60 | 28 6:00AM – Wake Up 9:30AM – Gentle Vinyasa 1 12:30PM – Private D.O.C. 5:30PM – Hatha 60 7:00PM – Gentle Vinyasa 1 | 29 6:00AM – Wake Up 9:30AM – Gentle Vinyasa 1 2:00PM – Senior Yoga 3:30PM – Stretch & Restore 5:30PM – Yin & Yang 7:00PM – Gentle Vin/Hatha | 30 6:00AM – Wake Up 9:30AM – Gentle Vinyasa 1 11:00AM – Gentle Vinyasa 2 5:30PM – Vinyasa 60 7:00PM – Hatha 60 | 31 6:00AM – Wall Yin 9:30AM – Gentle Vinyasa 1 11:00AM – Gentle Vinyasa 2 2:00PM – Chair Yin 3:30PM – Wall Yin | |

RUTH ANN DUNKERLY

Notes:

Senior Yoga is for **seasoned senior yogi's** who can get up and down off of the floor easily but yet need some time to get in and out of poses. See Ruth for more details – class is open to 5 students.

Chair Yoga is open to 5 students. Health related issues and concerns, we do yoga in a chair and standing behind a chair.

Wall Yin – Intense stretching laying on our backs while the legs are up the wall. (yin yoga) Slow moving and good for beginners.

Private Classes are one on one classes geared towards whatever the student wants to work on. Private classes are on a first come first serve basis and prepaid ahead of time.

Private D.O.C. means Ruth teaches/volunteers' yoga at the **Department of Corrections**, Unit #13 Women's Prison and at Women's Diversion, both on Courthouse Road, Chesterfield.

Donations of New or like new books with no markings or writing in them on yoga related topics are always welcome. Ruth takes them books for their library.

Gentle Hatha 2 and Gentle Vinyasa 2 are very gentle classes. Great for prenatal, new to yoga (beginners) or health related issues who can easily get up and down off of the floor. Many modifications are used and props also used. See Ruth for which class is right for you.

Ruth R&R – Ruth takes a little time off each month to recharge her batteries. Students are given at least a month's notice to plan their classes ahead of time.

Yoga is a great way to begin your New Year!
Give your Self the gift of health!