

Yoga is Back at Olathe Holistic!



Stacia Fox, *Olathe Yoga*
RYT-200

NEW! YOGA (Multi-Style) with Stacia Fox

Beginning in January, our new certified Yoga Instructor, Stacia Fox will offer several types of yoga classes in our Suite 202 Sunrise Studio, including: Intro to Yoga, Chair Yoga, Hatha Flow, Restorative Yoga, and Baby Bonding Yoga!

See calendars attached for monthly schedules!

INTRO TO YOGA

An Introduction to Yoga class is designed for beginners, offering a gentle approach to learning the fundamentals of yoga. Participants will explore basic poses, breathing techniques, and mindfulness to build a solid foundation for their practice. This class provides a supportive environment for newcomers to improve flexibility, strength, and mental clarity while learning to connect body and mind.

RESTORATIVE YOGA

A Restorative Yoga class is a deeply relaxing practice that uses props such as blankets, bolsters, and straps to support the body in restful poses. The focus is on gentle stretches and long-held postures that promote deep relaxation, reduce stress, and restore energy. Ideal for those seeking a calming, healing experience, this class encourages mindfulness and promotes physical and emotional well-being.

BABY BONDING YOGA

A Baby Bonding Yoga class offers a bonding experience for new caregivers and their babies, combining gentle yoga poses with playful movements. This class focuses on nurturing both the caregiver's body and mind while incorporating fun activities to engage the baby. It promotes relaxation, flexibility, and strength, while fostering connection and joy between caregiver and child.

CHAIR YOGA

Chair yoga is a gentle form of yoga practiced while seated or using a chair for support, making it accessible for people of all abilities. It focuses on improving flexibility, strength, and mindfulness through modified poses that reduce strain on the body. Ideal for those with limited mobility or looking for a low-impact practice, chair yoga promotes relaxation, enhances circulation, and fosters overall well-being.

HATHA YOGA

A Hatha Flow Yoga class combines the principles of traditional Hatha yoga with the fluidity of vinyasa, linking breath with movement in a dynamic, mindful flow. This class focuses on building strength, flexibility, and balance through a series of held poses and gentle transitions. Suitable for all levels, it encourages awareness and alignment while fostering relaxation and mental clarity.

SPECIAL EVENTS

Be sure to check the Olathe Holistic website and also follow Olathe Holistic on Facebook for news about upcoming special events!

Individual class fee – \$15

Three-class pass – \$40

Special Events – \$20

Visit Stacia's practitioner page on the Olathe Holistic website to register.