BROWNSTONE STATION
WELLNESS CENTER

# Yoga + Movement

## DECEMBER 2026

B = Lodge Studio, Suite B • D = Meadowsweet Studio, Suite D

### MONDAY

9 AM-10:15 AM · Strengthen, Flow + Restore
Debbie Rill · B · Dec 7, 14, 21, 28

10:30 AM-11:30 AM · All Levels Vinyasa Flow Gently Heated
Julieta Grodensky · B · Dec 7, 14, 21, 28

4 PM-5:15 PM · Beginner Yoga
Stephanie Johnston · B · Dec 7, 14, 21, 28

5:45 PM-6:45 PM · Gentle Vinyasa
Cindy Lesher · B · Dec 7, 14, 21, 28

7:15 PM-8:15 PM · Gentle Yoga Nidra
Jen Wootten / Crystal Deller · B · Dec 7, 14, 21, 28

### TUESDAY

9 AM-10:15 AM · Beginner Yoga
Stephanie Johnston · B · Dec 1, 8, 15, 22, 29

5:45 PM-6:45 PM · Warm Mindful Moderate Vinyasa
Lizzi Hauck · B · Dec 1, 8, 15, 22, 29

7 PM-8 PM · Cozy Yoga (Gently Heated)
Lizzi Hauck · B · Dec 1, 8, 15, 22, 29

### WEDNESDAY

9 AM-10:15 AM · Beginner Yoga
Stephanie Johnston · D · Dec 2, 9, 16, 23, 30

9:30 AM-10:30 AM · Warm Vinyasa Flow
Molly Diodato · B · Dec 2, 9, 16, 23, 30

10:30 AM-11:15 AM · Chair Yoga
Stephanie Johnston · D · Dec 2, 9, 16, 23, 30

11 AM-12:15 PM · Yoga + Meditation
Shanthi Rao · B · Dec 2, 9, 16, 23, 30

5:45 PM-6:45 PM · Vin to Yin - Gently Heated
Jill Lawley / Lizzi Hauck · B · Dec 2, 9, 16, 23, 30

7:15 PM-8:15 PM · Beginner Yoga
Sonnya Nieves · B · Dec 2, 9, 16, 23, 30

### THURSDAY

9:30 AM-10:30 AM · SO’HAM: Haṃsa Krama L1
Julieta Grodensky · B · Dec 3, 10, 17, 31

6 PM-7:15 PM · All Levels Hatha Yoga
Stephanie Johnston · B · Dec 3, 10, 17

7:30 PM-8:30 PM · Restorative Yoga
Cecilia Arvelo · B · Dec 3, 10, 17

### FRIDAY

9 AM-10:15 AM · All Levels Hatha Yoga
Stephanie Johnston · D · Dec 4, 11, 18

9:30 AM-10:30 AM · Breath + Flow
Melissa Winch · B · Dec 4, 11, 18

10:45 AM-12 PM · Low Impact Yoga
Stephanie Johnston · B · Dec 4, 11, 18

4:45 PM-5:45 PM · SO’HAM: Haṃsa Krama L1
Julieta Grodensky · B · Dec 11

4:45 PM-5:45 PM · Vin to Yin - Gently Heated
Jill Lawley · B · Dec 18

### SATURDAY

8:15 AM-9:30 AM · All Levels Hatha Yoga
Stephanie Johnston · B · Dec 5, 12, 19

### SUNDAY

12 PM-1 PM · Community Yoga
Free Spirit Yoga Teacher · B · Dec 6, 13, 20, 27

7 PM-8:15 PM · 75 Minute Yin Yoga
Sonnya Nieves · B · Dec 6, 13, 20, 27

## CLASS PASS PLANS

| | | | |
|---|---|---|---|
| New Student Discovery | 3 classes | $33 | 8 days* |
| Single / Military or Student | 1 class | $20 / $13.50 | 2 months |
| 5-Class Plan | 5 classes | $90 | 3 months |
| 10-Class Plan | 10 classes | $135 | 6 months |
| 20-Class Plan | 20 classes | $270 | 9 months |
| 33-Class Plan | 33 classes | $363 | 3 months |
| Mindful Vinyasa + Cozy Yoga | 2 back-to-back | $29 | 1 month |

Breath + Flow: $13.50 drop-in; class passes accepted. Other listed weekly drop-ins: $20.
No classes scheduled Dec 24-26. Dec 31: SO’HAM 9:30 AM only. No Power Flow in December.
*Discovery: 8-day plan validity; new local full-time residents; different class each visit.
5-, 10-, 20- and 33-class plans are shareable. Eligibility and online terms apply.
Print letter-size, double-sided, flip on long edge. Special events & Massage CE on reverse.

BROWNSTONE STATION
WELLNESS CENTER

# Gather + Learn

## DECEMBER 2026

Special events • Seasonal classes • Upcoming Massage CE

## DECEMBER SPECIAL EVENTS

### Dec 4 · New Moon Yoga

6-7:15 PM · Nikki Bricker · Lodge B · $20

### Dec 9 · Do It Afraid

6-8 PM · Erica Lawrence · Meadowsweet D
$75 · Ages 18+ · Register directly with Erica.

### Dec 11 · Friday SO'HAM

4:45-5:45 PM · Julieta Grodensky · Lodge B
$20 · Replaces Power Flow.

### Dec 12 · Family Yoga

10-10:40 AM · Michelle Moglia · Meadowsweet D
Family drop-in and series options: see registration.

### Dec 18 · Friday Vin to Yin

4:45-5:45 PM · Jill Lawley · Lodge B · $20
Replaces Power Flow.

### Dec 18 · Full Moon Yoga

6:15-7:30 PM · Crystal Deller · Lodge B · $20

### Dec 19 · Winter Solstice 108

10-11:30 AM · Lizzi Hauck · Meadowsweet D · $20

### Dec 20 · Mind.Body.Sole(s)

2-4 PM · Crystal & Sonnya · Lodge B
Winter Solstice gathering. See online ticket options.

### Dec 31 · New Year's Eve at Brownstone

9:30 AM-8 PM · Yoga and massage booked separately.
SO'HAM 9:30-10:30 AM · Lodge B · $20
Massage times and prices vary by practitioner.

No December Ecstatic Dance session. Art Journaling listings are canceled. Check online before visiting.

## JANUARY 2027 MASSAGE CE

### Jan 5 · Foundations of Cupping

Jim Earley · 10:30 AM-4:30 PM planned finish
8 CE · $225 · Cupping set included.

### Jan 9-10 · Hospice Massage

Emma Clites · 9 AM-5 PM each day
16 CE · $400

### Jan 11-12 · Hand-Saving Reflexology

Donna Lenzi · Starts 8 AM each day
18.5 CE · $388.50

### Jan 14 · Forearm Fusion Foundations

Jim Funk · 9 AM-6 PM · 8 CE · $209

### Jan 16 · Energy-Smart Therapist

Kara Lovehart · 1-6 PM · 5 CE · $125

### Jan 17 · MindBody Reset

Kara Lovehart · 9 AM-6 PM, including lunch
8 CE · $200

### Jan 21 · Restorative Touch

Kara Lovehart · 9 AM-6 PM, including lunch
8 CE · $200

### Jan 26 · Advanced Cupping: Static ROM

Jim Earley · 10:30 AM-4:30 PM planned finish
8 CE · $225 · Foundations prerequisite.

All CE courses: Meadowsweet Studio, Suite D. Registration and payment vary by course. Review course approval and your renewal requirements online.

## ALSO COMING IN JANUARY

### Jan 12 · Mindfulness for Stress & Focus

Dr. Kelly Ihme · 7-8:15 PM · Meadowsweet D
$45 · Open learning seminar; no Massage CE credit.

### Jan 24 · Ecstatic Dance

3-5 PM · Tracy Buikema · Lodge B
$25 single / $45 two-person pass, plus fees.