



START LIVING THE LIFE YOU ALWAYS IMAGINED

Greetings!

There are lots of new classes on the fall schedule as well as updates for Yoga Month in September!

This Week!

Enrichment Series Workshop: Mobility, Balance, and Posture Alignment

Thursday, August 24th at 7:00pm - 8:00pm
with Natalie Peterson

Learn how to implement effective mobility, balance, and alignment exercise into your everyday life to increase your overall quality of digestion, breathing, and circulation to keep your body in its best working condition!

Price: \$20

Sign up online: [HERE](#) or

Call us to sign up: (734) 622-8119



September is National Yoga Month

What is a yoga month?

The Department of Health and Human Services designated the month of September as National Yoga Awareness Month in 2008. The observance encourages people to discover and enjoy the health benefits of yoga including stress relief, strength building, and improving flexibility.

Bring a Friend to Class for FREE!

Celebrate Yoga Month at Imagine by bringing a friend to any yoga class for free. If you

are already a yoga fan and want to spread the joy, or if you want to try yoga with a friend for moral support, this is a fantastic opportunity to enlarge and enrich our yoga community.

Labor Day Weekend Hours:

Saturday, September 2nd 8:00am - 12:00pm

Sunday, September 3rd 8:00am - 12:00pm

Monday, September 4th 8:00am - 12:00pm

Studio Open--NO Classes



New Classes Coming This Fall!

The day after Labor Day brings the beginning of our Fall Class Schedule. We have a number of fabulous new offerings accompanied by some favorites receiving a little tweaking.

New Yoga Classes after Labor Day

Restorative Yin Yoga

Tuesday evenings at 6:00pm

with Erin Lawson

- Come unwind at the end of the day. This is an opportunity to truly rest and recharge, something most of us rarely do but provides lasting health benefits. Thank your body and mind for working incredibly hard every day.

Stretch, Strength, and Flexibility

Monday mornings at 6:00am

with John Farah

Hatha Yoga

Monday evenings at 6:00pm

with Wendy Dolen

- This style of yoga balances active and relaxing poses to work the body and mind. It is suitable for beginners and seasoned yogis alike.

Vinyasa Level 1-2

Tuesday mornings at 9:00am

with Sam Lieberman

- Same great class, same great time, but now with Sam at the helm.

Hatha Yoga

Wednesday mornings at 10:00am

with Sam Lieberman

- Previously named "Gentle" yoga, only the class title is changing in order to more accurately reflect the more dynamic practice cultivated by our Wednesday AM yoga cohort.

Yoga Fundamentals

Thursday mornings at 11:00am
with Sam Lieberman

- This is a class for those who are new to yoga or would like a refresher on the basics of a yoga practice.

Vinyasa Level 2

Friday mornings at 9:00am
with Mary Betts

- The perfect class for those yogis looking for a physical and mental challenge!

Beginning Yoga

Friday afternoons at 12:00pm
with John Farah

- A perfect place to start and further develop your yoga practice.

Slow Flow Vinyasa

Saturdays at 9:30am
with Joyce Brown

- Saturday Vinyasa class but a little later in the morning with Joyce Brown.

New Fitness Classes after Labor Day

Getting Started with Fitness: Tuesday at 5:00pm and Wednesday at 9:30am
with Jackie Farah (T) and Nelson Williams (W)

Circuit Training: Thursday morning at 8:45am and 10:00am
with Margo Hosford

- Margo's class at 9:00am got so popular we added another section so there won't be any fighting for machines or attention.

Cycle and Circuit

Thursday evening at 6:00pm
with Maggie Maier

September Enrichment Series Workshop: Yoga for Back Care Part II

Thursday, September 28th at 7:00pm - 8:00pm
with Sam Lieberman

As an extension of our May, Yoga for Back Care, class continue learning safe and effective postures to help you during times of pain. These preventative postures will increase the health and wellness of your entire body.

Maintaining the health and flexibility of your spine through Yoga is something that every person can benefit from. No experience is necessary; all levels are welcome.

Price: \$20

Sign up online [HERE](#) or

Call us to sign up (734) 622-8119

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00-7:00am	strength, stretch, flexibility john farah	circuit training jell barnett	circuit training nelson williams	circuit training jell barnett			
7:00-8:00am				ashtanga yoga wendy dolan			
9:00-10:00am	(9:30am-10:45am) level 1-2 vinyassa sandra allon	level 1-2 vinyasa sam lieberman (8:45am-9:45am) circuit training margo hosford beginning tai chi diane evans	(9:30am-10:30am) getting started with fitness nelson williams	(8:45am-9:45am) circuit training margo hosford	level 2 vinyassa marty betts	(9:00-10:30am) bare bones fitness john farah (9:30am-10:30am) slow flow vinyasa joyce brown	(8:30am-9:00am on SEPTEMBER 10TH) level 1 vinyasa wendy dolan circuit training jell barnett
10:00-11:00am		circuit training margo hosford	hatha yoga sam lieberman	circuit training margo hosford			
12:00-1:00pm	beginners yoga marty betts			(11:00am-12:00pm) yoga fundamentals sam lieberman	beginning yoga john farah		
6:00-7:00pm	cycling jackie farah continuing tai chi diane evans hatha yoga wendy dolan	(5:00pm-6:00pm) getting started with fitness jackie farah (6:00pm-7:00pm) restorative yin yoga erin lawson	circuit training maggie maier	continuing tai chi diane evans cycle and circuit maggie maier	FREE fitness consultations by appointment FREE new client orientation by appointment tuesdays and thursdays 10:00am-4:00pm Studio Hours: Monday-Thursday 6:00am-7:00pm Friday 6:00am-3:00pm Saturday and Sunday 8:00am-12:00pm		

Events in the Area During Yoga Month

Yoga in the Big House - free

September 29, 3:00pm - 6:00pm

30-minute sessions in the University of Michigan Football Stadium. Register through September 22 [here](#). To read the MLive article, click [here](#).

Yoga at Cobo with Citizen Yoga - donation

September 20, 6:00pm - 7:30pm

At the Cobo Center, take a slow burn yoga class overlooking the Detroit skyline. Proceeds to benefit the Common Grounds Sanctuary. Find out more [here](#).

Planks for Pups - \$25

September 9, 4:00pm - 6:00pm

Yoga outside at Northville Town Square with proceeds to benefit the Michigan Humane Society. For more information, click [here](#).

Ladies Night? Book Club Meeting? Team Building?



Did you know you can schedule a private event at Imagine for up to 6 people? We recently hosted a ladies night: "Restore, Relax, and Refresh." Participants enjoyed a restorative yoga class, relaxing massage, AND refreshments. Email Imagine: imagine@imaginefitnessandyoga to plan a special day or evening for your group!

How to Sign Up for Classes Online:

1. Go to imaginefitnessandyoga.com
2. Go to classes, and click 'Class Schedule' from the drop down menu
3. Click the 'Sign Up' button on the left of the class you wish to sign up for
4. Sign in with your email *(the same email you used when originally signing up with us)
5. If it is your first time signing in—click the reset password, and follow the link sent to your email.

If it is NOT your first time signing in and your previously used password is not working, try resetting it, if you are still having trouble resetting it, give us a call or email us, and we can help you reset it.

Call or email with password and log in questions:
734-622-8119 or imagine@imaginefitnessandyoga.com



Share your love for Imagine in a review on Yelp. People are always looking for new places. Let's grow our Imagine community.

Review us [HERE](#)

Do you enjoy Imagine?
Share our newsletter with a friend so they can take

advantage of our 2 Weeks for \$20 special!

If you are receiving this email it is because you are a part of our Imagine Community. For that, we thank you and we celebrate you.

Here at Imagine we always aim to ensure that our guests are receiving a personal touch. If there is anything we can do to make your experience at Imagine more enjoyable, please let us know!

Start living the life you always Imagined!

John and Jackie Farah
Imagine Fitness and Yoga



Have you liked us on Facebook? Followed us on Twitter, Instagram, or Pinterest? Be sure to stay connected to hear all the latest updates and news in health and fitness! Also, review us on yelp to let us know how we are doing.



DID YOU ENJOY THIS MONTHS
NEWSLETTER? SHARE IT WITH A FRIEND!

Imagine Fitness and Yoga
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<https://www.imaginefitnessandyoga.com>