

# Green Frog Gazette

## Fall 2017

Issue 1, October 2017



### Welcome to our first newsletter!

Thank you for being a part of the Green Frog Yoga Community. Thank you for your awesome support over the last 3 years - I am looking forward to many more to come.

Many exciting things are happening in the studio! Check out our schedule and upcoming events below.

**Green Frog Yoga**  
911 S. Huron Rd, Suite C, Green Bay, WI 54901  
920-992-9229

**Fall 2017 Schedule**  
(Starting Tuesday September 5, 2017 - check [www.greenfroggyoga.com](http://www.greenfroggyoga.com) for any updates/schedule changes)

Day	Time	Class Name	Instructor
Monday	5:30 am	Power Vinyasa Yoga - All Levels (Heated)	Tree
	8:30 am	SilverSneakers FLEX Yoga (Vinyasa Flow)	Traci
	5:30 pm	AMPD Fusion (Kettlebells and Resistance)	Pam
	7:00 pm	Restorative/Gentle Flow (Warm)	Pam
Tuesday	8:30 am	SilverSneakers FLEX Yoga (Vinyasa Flow)	Pam
	11:30 am	Lunchtime Yoga Express (Not Heated)	Melanie
	4:00 pm	Core Yoga Flow (Not Heated)	Val
	5:30 pm	Power Vinyasa Flow - All Levels (Warm)	Val
Wednesday	5:30 pm	Power Vinyasa Yoga - All Levels (Heated)	Pam
	8:30 am	SilverSneakers FLEX Yoga (Vinyasa Flow)	Pam
	5:30 pm	Power Vinyasa Yoga - All Levels (Warm)	Pam
	7:00 pm	Restorative/Gentle Flow (Warm)	Melanie
Thursday	8:30 am	SilverSneakers FLEX Yoga (Vinyasa Flow)	Traci
	4:00 pm	Core Yoga Flow (Not Heated)	Val
	5:30 pm	Vinyasa Flow Yoga - All Levels (Not Heated)	Tree
	Friday	5:30 am	Power Vinyasa Yoga - All Levels (Heated)
8:30 am		SilverSneakers FLEX Yoga (Vinyasa Flow)	Traci
11:30 am		Lunchtime Yoga Express (Not Heated)	Traci
4:30 pm		Vinyasa Flow Yoga - All Levels (Not Heated)	Tree
Saturday	8:30 am	Power Vinyasa Yoga - All Levels (Heated)	Pam
Sunday	10:00am	Vinyasa Flow Yoga - All Levels (Not Heated)	Rotation
	5:30 pm	Restorative/Gentle Flow (Warm)	Pam

### Check out one of our new classes that started in Sept:

- Tuesday 5:30 pm**  
Power Flow w/Val
- Tuesday 7:00 pm**  
Slow Flow w/Ginny
- Wednesday 7:00 pm**  
Restorative w/Melanie
- Friday 11:30 am**  
Lunchtime Yoga Express w/Traci
- Friday 4:30 pm**  
Vinyasa Flow w/Tree
- Sunday 10:00 am**  
Vinyasa Flow w/Rotation

# YOGA for a CAUSE

October is Breast Cancer Awareness month! To celebrate and give back to the community, we invite you to join us on October 12th at 7pm as we do YOGA for a CAUSE!

This class will be donation based and all ages are welcome! Together, let's enjoy a night of yoga and raise money for the Breast Cancer Family Foundation!

## DETAILS

DATE: OCTOBER 12, 2017  
WHEN: 7PM - 8PM  
LOCATION: GREEN FROG YOGA  
821 HURON RD  
GREEN BAY, WI 54311

## Green Frog Yoga



BREAST  
CANCER  
**family**  
FOUNDATION

## Yoga for a Cause

Green Frog Yoga has partnered with the Breast Cancer Family Foundation to offer a donation based yoga class on Thursday October 12th at 7pm.

You can register online at [www.greenfrogyoga.com](http://www.greenfrogyoga.com).

**GREEN FROG GET-TOGETHERS**

THURSDAY, OCT. 19TH 7:00 - 8:30 P.M.

- A fun, relaxed gathering for members and non-members to discuss yoga, books, meditation, and life!
- Please feel free to suggest any discussion topics that interest you!
- Snacks and refreshments will be provided!
- Fun, friendly, and totally FREE!

ASK PAM FOR DETAILS!

## Green Frog Get-Togethers

Come join us on this new adventure giving our community a time to "Get-Together" for a fun relaxing time to discuss yoga, books, meditation and life!

Thursday Oct 19th 7:00 - 8:30 pm

Cost: Free!

Get-Together hosted by Sarah and Pam.



### **Essential Oils and Yoga Workshop**

This is part of a monthly series of where we learn about and use essential oils to enhance your yoga practice.

Friday October 20th: 6:00 - 7:30 pm

Cost: \$18

**October Theme:** Release

**Asana Focus:** Heart and Hip Openers

**Oils:** Frankincense, Wild Orange, Citrus Bliss Blend, Elevation Blend, Serenity Blend, Balance Blend.

Workshop led by Traci and Pam.



### **Malas and Meditation Workshop**

Make your own 27 bead Mala bracelet and learn more about using your Mala bracelet as we start a 21 day Meditation Challenge.

Friday October 27th: 6:00 - 7:30 pm

Cost: \$36

Workshop led by Sarah and Pam.

Click to [edit Email Preferences](#) or [Unsubscribe](#) from this list.

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