

## WALKER'S POINT

**SUNDAY** 12:30 PM | RESTORATIVE  
7:00 AM | SLOW FLOW  
7:00 AM | SLOW FLOW  
5:45 PM | SLOW FLOW  
7:15 PM | RESTORATIVE  
12:00 PM | VINYASA  
6:00 PM | VINYASA  
7:15 PM | YIN

**THURSDAY** 7:00 AM | SLOW FLOW  
6:00 PM | YOGA FOR ATHLETES  
7:15 PM | YIN  
**FRIDAY** 12:00 PM | VINYASA  
11:00 AM | SLOW FLOW  
**SATURDAY** 11:00 AM | SLOW FLOW

\*Special Events

**MILWAUKEE**  
**MONDAY** 7:00 AM | SLOW FLOW  
6:00 PM | VINYASA  
7:15 PM | RESTORATIVE  
**TUESDAY** 12:00 PM | VINYASA  
6:00 PM | VINYASA  
7:00 AM | SLOW FLOW  
7:00 AM | SLOW FLOW  
**WEDNESDAY** 7:00 AM | SLOW FLOW  
6:00 PM | YOGA FOR ATHLETES  
7:15 PM | YIN

**THURSDAY** 12:00 PM | SLOW FLOW  
6:00 PM | VINYASA  
7:15 PM | RESTORATIVE  
**FRIDAY** 7:00 AM | SLOW FLOW  
7:00 AM | SLOW FLOW  
**SATURDAY** 11:00 AM | SLOW FLOW

\*Special Events

## BROOKFIELD

**MONDAY** 6:00 PM | VINYASA  
**WEDNESDAY** 6:00 PM | YOGA FOR ATHLETES

**SATURDAY** 11:00 AM | SLOW FLOW

## TAKE 12 YOGA CLASSES IN NOVEMBER

- Complete & receive a Namaste November magnet and be entered in a raffle to win 3 months of membership at Adventure Rock
- Unlock Bonus Entries with the possibility of being entered into the raffle a total of 8 times

## BONUS ENTRIES

- Complete any one line of Bonus & receive an Adventure Rock Yoga shirt
- Earn 1 additional raffle entry per Bonus section completed (4 Total)
- Earn 1 additional raffle entry per stamp collected in the Workshops section (3 total)
- Bonus stamps can be collected, but not unlocked before completing 12 classes



# NAMASTE NOVEMBER

#NAMASTENOVEMBER

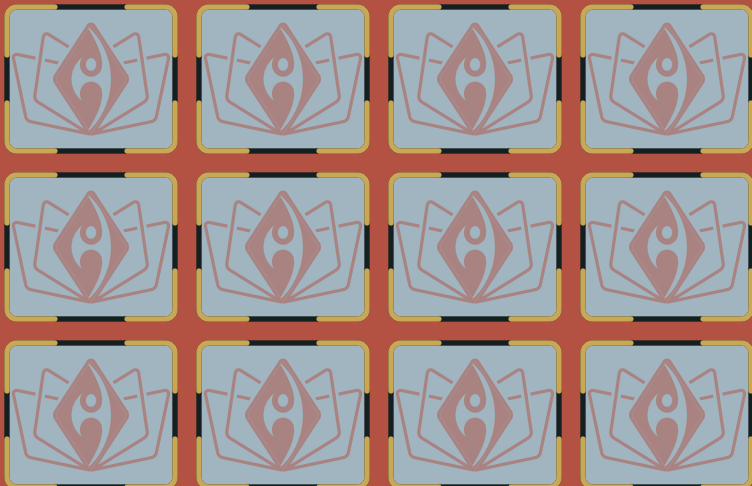
\*Intro to Yoga | Nov 1 | 6:00 PM  
\*Yin & Nidra | Nov 3 | 4:00 PM  
\*Meditation Group | Nov 10 | 9:30 AM  
\*Yoga & Run | Nov 16 | 9:00 AM

\*Queer & Trans Yoga | Nov 10 | 5:15 PM  
\*Family Yoga | Nov 13 | 4:30 PM

NAME

SHIRT SIZE

### TAKE 12 CLASSES



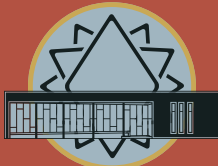
### BONUS ENTRIES

MUST COMPLETE 12 CLASSES FOR BONUS RAFFLE ENTRIES

### TAKE A YOGA CLASS AT EACH LOCATION



MILWAUKEE



WALKER'S POINT



BROOKFIELD

### TAKE YOGA CLASS OF EACH STYLE



SLOW FLOW



YIN



RESTORATIVE



VINYASA

### INSTAGRAM POSTS

TAKE A PHOTO BEFORE/AFTER CLASS IN EACH POSE.

NOVEMBER 1

NOVEMBER 8

NOVEMBER 15

NOVEMBER 22



ANJANEYASANA  
| LOW LUNGE |



SALABHASANA  
| LOCUST POSE |



PARIVRTTA TRIKONASANA  
| TWISTED TRIANGLE |



SAVASANA  
| CORPSE POSE |

POST EACH PHOTO TO YOUR INSTAGRAM & TAG @ADVENTUREROCKYOGA & @ADVENTUREROCK

### WORKSHOPS & YOGA W/ FRIENDS

1 RAFFLE ENTRY

1 RAFFLE ENTRY

1 RAFFLE ENTRY

YIN & YOGA  
NIDRA  
(NOV 3)

BRING A FRIEND  
TO MEDITATION  
GROUP (NOV 10)

YOGA & RUN  
WORKSHOP  
(NOV 16)

EMAIL