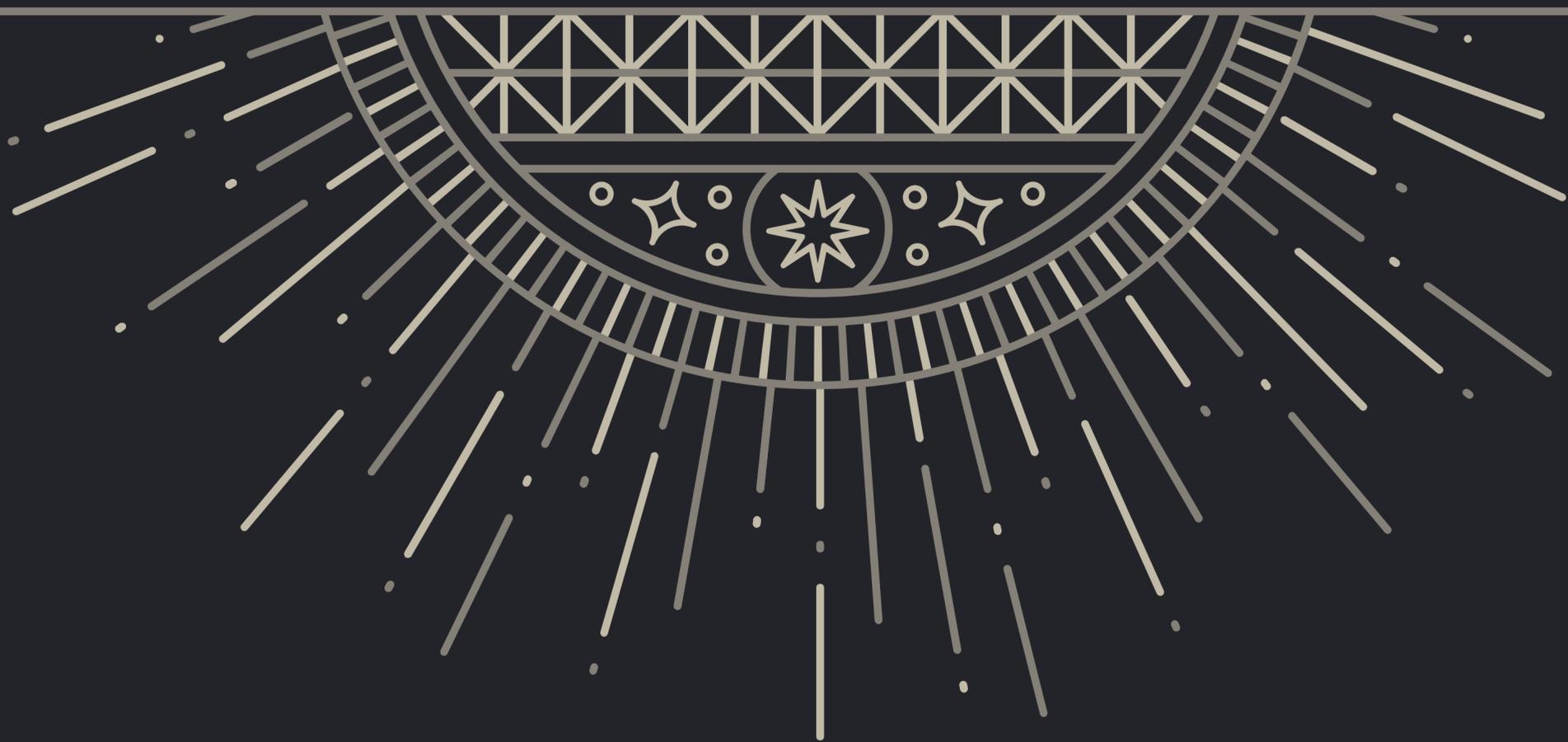


MIND. BODY. SPIRIT.



# WEDDING WELLNESS

WITH CHRISSY OF REBEL YELL YOGA



EXCLUSIVE TO THE HAWTHORNE HOTEL, SALEM MA

# Rebel Yell Yoga



Let's face it, even the happiest times of our lives can be stressful. Unwanted stress drags our energy down when we are trying to keep the vibration high! Let's change that. Yoga, which translates as "to yoke," allows us to link our mind, body, and spirit in moving meditation, ultimately giving the self a sense of balance and calm. Sounds like exactly what you need before walking down that aisle, right?

Incorporate a yoga wellness package with Chrissy of Rebel Yell Yoga in Salem, MA, ahead of your big day at the Hawthorne Hotel. A variety of options are available to choose from, subject to her availability. Options range from energizing vinyasa flow to relaxing and meditative yin and restorative yoga. Offerings of classes with rock and roll playlists, thai yoga bodywork assists, and even those that incorporate moon cycles, tarot, and earth rhythms may all be tailored to your needs. Keep reading for more details!

## PACKAGES AND PRICING (SUBJECT TO TEACHING AVAILABILITY)

All class fees and add-on's are flat rate.

### ROCK AND ROLL YOGA CLASS (80'S, PUNK, ROCK, METAL, THEMED REQUESTS)

Upbeat and fun, and meant to energize you and your crew, while letting you blow off some steam! Mainly all levels vinyasa flow with some more relaxing poses at the end. Can be tailored for beginners/intermediate or advanced yogis as well.

\$135 60 min

### BASIC 75 OR 90 MINUTE VINYASA + RESTORE CLASS (SIMILAR TO A STUDIO CLASS. ALL LEVELS.)

Flowing sequences of poses linked with breathe to increase strength, flexibility, and a steady mind, and finished off with slow, sweet, and relaxing poses held for longer periods of time to allow you to unwind and melt your body and your mind.

\$135 60 min

\$165 75 min

\$185 90 min

### YIN + RESTORE CLASS (LOW KEY RELAXING STUDIO CLASS)

Yin yoga is a slow-paced style of yoga with postures (asana) that are held for longer periods of time (1-5 minutes). The poses apply moderate stress to the connective tissues of the body—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility. Yin yoga is also very meditative and aims at cultivating awareness of self, inner peace, and connectedness to the universe.

Restorative poses follow to let the body completely unwind.

\$135 60 min

\$165 75 min

\$185 90 min

### YIN + RESTORE CLASS WITH THAI YOGA MASSAGE ASSISTS (90 MIN) (LIMITED TO 8 PEOPLE)

Same as option 3 but with thai yoga bodywork assists. Traditional Thai Yoga Massage (Thai Yoga Bodywork) is an ancient modality that dates back 2,500 years and combines breath, yoga asana, and mindful meditation into an aligned and passive practice where the practitioner moves the recipient, with metta (loving kindness), through poses, while applying gentle pressure through the palms of the hands along energy lines and pressure points. This type of bodywork may relieve muscular tension, improve circulation, boost the immune system, and balance the energetics of the body. This option essentially includes a relaxing yoga class and massage for each one of your bridal party all in one!

\$350

## PACKAGES AND PRICING (SUBJECT TO TEACHING AVAILABILITY)

All class fees and add-on's are flat rate.

### LUNAR FLOW VINYASA AND MOON PHASE MEDITATION (75 MIN)

Lunar flow vinyasa focuses on Moon Salutations, as a counterpoint to the sun-based practice. It opens up the body and mind to intuition, and is very meditative and cooling. The soothing nature of the flow is the perfect way to come into balance. A meditation focused on the energy of the phase of the moon will bring you into a place of reflection, ease, and calm.

\$165

### YIN + RESTORE YOGA WITH TAROT AND/OR FOUR ELEMENTS MEDITATION (75 MIN)

Same as option 3 but using tarot cards as part of the class and meditation and/or using the four elements (earth, air, fire, and water) as part of practice. Great for all you witches!

\$165

### CUSTOM PRACTICE

Email [rebelyellyoga@gmail.com](mailto:rebelyellyoga@gmail.com) to discuss your idea or any variation of classes listed above. Price will vary. I am a practicing folk herbalist, witch, nature child, surfer and musician. There are many variables we can incorporate if this resonates with you!

### ADD-ON'S:

Fresh handmade and local floral displays in class to enhance the calming atmosphere (4 vases). \$275

Locally made herbal burning bundles as gifts for class participants (must know 2 weeks in advance) \$75

Herbally infused roller oils with essential oils for each class participant. \$50

Reiki and Chakra Cleansing included for any class. \$75

## About Chrissy:

I began my yoga journey in college, where I discovered Hatha Yoga, and soon thereafter, Alignment-based Vinyasa and Kundalini. After many years of non-committal practice, surfing/swimming/running injuries, and increasingly unsettled and unhealthy feelings of mind and body, I returned to my practice fully open and ready, jumped into my 200 hour Vinyasa training in 2014, and have not regretted the best decision of my life ONCE. Along the way, I have added reiki, herbalism, and therapeutic thai yoga bodywork to my toolbox of modalities, as well. I love sharing the practices of yoga, meditation and mindfulness with students, while crafting a full sensory experience that links music, breath, movement AND stillness. I've been playing in bands for almost two decades, so creativity and fun are usually at the top of my list when it comes to sequencing classes, making playlists, and encouraging everyone to uncover their inner rock star.

I also love to share my long-cultivated (since I was a tiny little hedge witch!) connection to the elements, the earth, the sea, and the moon during classes and focus on how our connection to nature not only heals us in mind and body, but integrates our authentic selves into the universe. We are all rebels seeking to shine our truest selves to the world! Sat Nam!

Please Note: Although I would love to be available for everyone's big day, it's sadly not possible because of my own busy schedule. However, if we cannot make something work with your timeline, I can certainly offer up suggestions for local studios in the Salem/Beverly area and other fabulous teachers I consider friends and mentors, if you are looking to grab a class while you are in town! When I am available to work on a package with you, I am open to tailoring your yoga experience to your interests so options are not limited to just what is listed above. Please get in touch!

Contact: [rebelyellyoga@gmail.com](mailto:rebelyellyoga@gmail.com)

IG: [@rebelyellyoga](https://www.instagram.com/rebelyellyoga)

FB: [@rebelyellyoga](https://www.facebook.com/rebelyellyoga)

Website: [www.rebelyellyogalife.com](http://www.rebelyellyogalife.com)

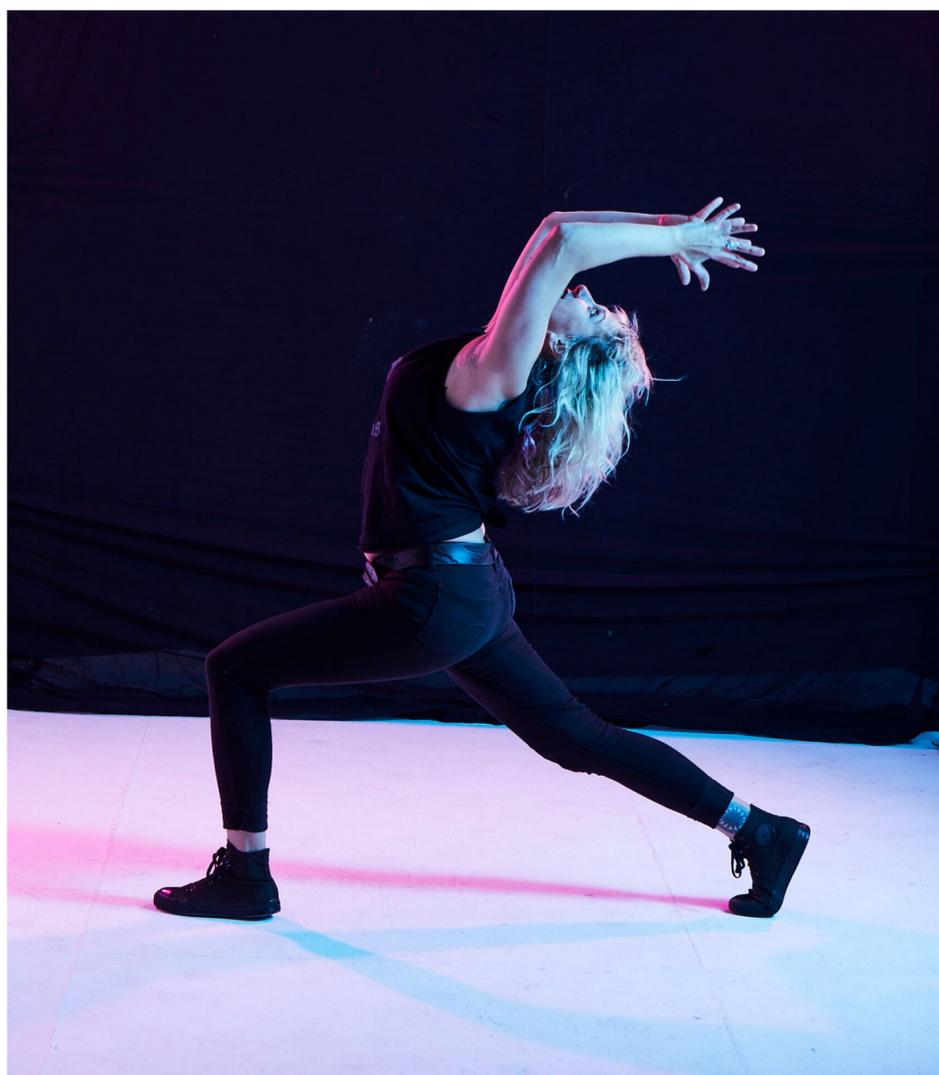


Photo by Pat Piasecki 2019