



* Yoga * HOT Yoga * Zumba®
* Nutrition * Detox * Spa

Specialty Services:

- ☯ Live Loved~ Life Coaching & Energy Work
- ☯ Corporate Wellness Programs
- ☯ Private Yoga Classes
- ☯ Senior Care Yoga Therapy Programs
- ☯ Nutrition & Detox Consulting
- ☯ Bootcamp 4 Dynamic Inner Strength
- ☯ 90 Days To Feeling Fit Program
- ☯ Reiki Healing Therapy
- ☯ Thai Yoga Bodywork
- ☯ Yoga 4 Your Inner Goddess Retreats

558 Bluebird Lane Red Oak, Tx
~ Scan for directions~



Yoga4Love.net



Dynamic Yoga & Fitness Studio

by Yoga 4 Love



Expanding Our Horizons...
Inspiring Positive Change

469.437.1334

Yoga4Love.net

About Us...

Yoga 4 Love is for anyBODY!

Dynamic Yoga & Fitness Studio by Yoga 4 Love was born from a long and fruitful yoga practice and whirlwind of a Yoga teaching career from the founder of Yoga 4 Love, Lisa Ware, RYT, Reiki Master. Together, owners Richard and Lisa Ware have created a space for **transformation, inspiration and healing.**

Red Oak and the Southern Dallas metro area are so ready to feel the vibe of something totally fresh and new, so Dynamic Yoga and Fitness Studio by Yoga 4 Love was born on New Years Day 2011!

Our certified, professional instructors will motivate you and help you set your sights high to achieve your goals; both in and out of the studio. We are Mind, Body and Spirit based to nurture the whole you. We are not a gym. We are a unique studio where you can commune with like-minded individuals. Dynamic Yoga and Fitness Studio members are **men, women, kids and families, baby boomers and seniors** who, practice Yoga together, dance, sweat, Zumba®, and enjoy ourselves in a warm and inviting studio...with an emphasis on **MUSIC, getting healthy, having fun and building community!**

We regularly host fun **FREE** charitable community events in our studio; and Lisa Ware participates in many Yoga and Wellness conferences presenting and speaking throughout the state of Texas and beyond.

Our tranquil studio features beautiful floating floors, The **Dragonfly Spa**, a lovely lounge area featuring a check out reading library and space for bodywork, hot tea, water and a space to chill. In the lobby we offer a **full retail area** for Yoga and Zumba® including our custom designed clothing line, *Y4 Relaxation~ by Lisa Ware*. Handicap accessible restroom and changing rooms are available.

Dynamic Yoga and Fitness Studio offers a complete list of health, nutrition, wellness and fitness services for our clients and students.

Services by Dynamic Yoga & Fitness Studio by Yoga 4 Love ...

Group Classes:

- ☯ Yoga
- ☯ HOT Yoga
- ☯ Zumba®
- ☯ Chill Yoga 101~ Donation based
- ☯ Toning

Workshops & Series including:

- ☯ Boot Camp 4 Dynamic Inner Strength
- ☯ 90 Days to Feeling Fit Program~ Nutrition + Detox
- ☯ Partner Yoga/ Acro+ Aerial & Tree Yoga
- ☯ Restoration & Relaxation Yoga Workshops
- ☯ Outdoor Yoga by the Waterfall
- ☯ Meditation
- ☯ Swing Dance/ Burlesque Dance
- ☯ Bella Tone/ Jelly Dance
- ☯ Yoga Teacher Training
- ☯ Master Classes/ Hula Hooping/ Cardio
- ☯ And Much More...!

Dragonfly Spa

Offering Massage, Spa + Bodywork, Reiki Healing Therapy, Facials, Waxing and complete relaxation! Come in and be pampered! Book online now!

Live Loved Lifecoaching & Energy Work

Offering: Life Coaching, Goal Setting, EFT, Zen Thai Bodywork, Pranic Healing and ReMap. Please see website for a complete explanation of services. LiveLoved.net

We are serving people just like you right here in Texas, inspiring beginners and Yogis alike! We focus on bringing health and wellness to all of Southern Dallas and Ellis County and beyond! Curious? Come try a DYNAMIC class! You may just positively change your life!



Classes

Ask about our Dynamic

Unlimited Memberships!

HOT Baptiste Yoga De Stress Power Flow

BEGINNER; ALL LEVELS~ A relaxation Baptiste Flow core building Yoga class. Try it, you'll be hooked! 60 min.

HOT Yoga Nation Community Class

BEGINNER; ALL LEVELS~ Community Yoga! Bring your friends! A mix of Vinyasa flow and Baptiste Power Yoga, learning to flow with the breath and strengthening core muscles. Focus on balance, twists and gentle inversions. 60 min.

Fluid Power Yoga 101~ Gentle Heat

BEGINNERS; ALL LEVELS~ This class is designed for anybody to find a practice that strengthens your body, no matter where you are today. New yogis will feel balanced, stronger and more in touch with their body. 60 min.

HOT Abs + Glutes Core Power Yoga

ALL LEVELS~ In this class we feature poses targeted on the core muscle groups. We work hard on these areas and also get a full body workout. A small Core Yoga ball may be used in most classes. At the end of class we spend time on floor work and deep relaxation. 75 min./ Lunch hour class. 50 min.

HOT Yoga~ Fun, Flex & Flow Chi Vinyasa

BEGINNER; ALL LEVELS~ This flowing style class includes an introduction to the fundamental poses of Hatha Yoga. The series will teach Surya Namaska, Warrior series, Twists, Back bending and Breath work; Class ends with final relaxation. 75 min.

HOT Energizing Chi Vinyasa Flow Yoga

BEGINNER; ALL LEVELS~ Prana, or the body's Chi/ Ki, or energy is accessed through an energizing flow of Yoga poses. The poses are directly linked to the breath, increasing your body's energy and focusing on the connection to the elements, building core strength and detoxifying body and mind. 75 min.

Chill Yoga 101~ Deep Rooted Yoga, The Basics

BEGINNER; ALL LEVELS; ALL AGES~ Like a tree we need roots to grow. In Deep Rooted Yoga, we start with the basics to form stability for a growing practice. You will get to better know yourself, stretch your comfort zone and become rooted in your Yoga journey. 60 min.

Twisted Yoga 101~ Gentle Heat

Beginner, all levels, Baby Boomers, Teachers / Teens Gentle Heated. Listen to your body, connect with breath, sweat and become beyond twisted! Creating body awareness, building confidence, strength and awareness; a great starting point for a regular yoga practice. Bring water, towel + an open mind! 60 min.

Energizing Vinyasa Stretch~ Gentle Heat

BEGINNER; ALL LEVELS~ Vinyasa is a popular class style that allows connection of breath to movement. It is for ALL body types and fitness levels. You are able to set the pace, with personalized help and modifications from an incredible instructor. Experience bliss, stress relief and full relaxation in this fun class. 75 min.

Chill Yoga 101~ The Original Chill Yoga

Vinyasa flow, Beginner, Beginners and Pre/ Post -Natal, All levels. Donation Based Yoga, suggested drop in donation \$12. No heat in this class, come and CHILL! All body types and fitness levels to enjoy a great yoga class. Just as people and experiences are vastly different, Yoga is significant to everyone in a personal and unique way. To simply breathe, feel and let go for a moment, and learning to do so ...is the beauty of Yoga. No need to have tried Yoga before! Taking action no matter what level you're at will give you countless benefits. 60 min.

HOT Baptiste Power Flow

All levels, Vinyasa 11 A powerful, creative and energetic Baptiste style Vinyasa flow practice focusing on the body, mind and spirit. This class will leave you feeling DY-NAMIC and amazed. Balance, Twist, Invert, Sweat, Breathe and practice with us! 60 min.

Beginners Series Yoga 5 Weeks~ Enroll online

Learn all the basics and begin to feel comfortable on your mat and in your practice with personalized instruction. Move through breath work, basic Vinyasa Flow, holds and twists. Become familiar with Hatha Yoga train your body and mind to RELAX! 5 weeks. 60 min

Energizing Flow 101 ~ Gentle Heat

BEGINNER; ALL LEVELS~ Start your day with an uplifting, flowing series of poses that are for every BODY! Experience bliss in this fun Yoga class! 60 min.

HOT Rock Body Yoga

All levels, Vinyasa 11, Beginners are always welcome! Intense core workout, Baptiste style flow, combining arm balances and inversions with this high octane flow makes this a very challenging class. Bruce makes it accessible for all levels! Try a non-traditional yoga class and prepare to get Rocked! 50 min.

Relax and Restore~ Gentle Heat

Pre & Post Natal, Sports/ Injury recovery, Seniors, Baby Boomers, Beginner

Modifications offered to customize your yoga experience. Props, straps, blocks and blankets may be utilized to get much deeper into our poses. No need to have tried yoga before, all poses will be taught in modifications for your body; Experience full relaxation and stress relief at the end of class with Savasana with Guided Meditation and a wonderful, optional aromatherapy! 75 min.

ZUMBA® & ZUMBA® Toning

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Get toned, sleek and sexy! Join the PARTY! 60 min.