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Rise, Fly & Flow: Topeka Yoga Network to Launch Aerial and Bungee Classes With Ribbon Cutting, Open House and Demonstrations

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TOPEKA, Kan., May 7, 2026 — Topeka Yoga Network celebrates the launch of its new aerial yoga bungee offerings on Thursday, May 14, with **Rise, Fly & Flow: Aerial and Bungee Launch Party**, a ribbon cutting, open house and afternoon of demonstrations at its Downtown Topeka studio at 925 S. Kansas Avenue.

The event will begin with a ribbon cutting at 11:30 a.m., followed by demonstrations and activities throughout the day, including aerial fitness, bungee fitness, aerial dance and other featured experiences. Visitors also will have opportunities to try select activities themselves through a limited number of mini classes designed to be approachable, energizing and easy to fit into the workday.

“This launch is about growth, but it is also about community,” says Mary Boland, Co-Founder. “We’re proud to keep expanding in Downtown Topeka and to offer experiences that support wellness, curiosity and connection.”

“We built Topeka Yoga Network around the idea that yoga should meet people where they are. Rise, Fly & Flow is a celebration of that mission and of the new ways we can help people move, heal and have fun,” added Co-Founder Evelyn Spangler.

Topeka Yoga Network continues to grow its programming to serve a wide range of practitioners and schedules, with offerings that include:

- in-studio classes in Downtown Topeka
- virtual-live classes that allow participants to join from anywhere
- workplace and group yoga programs for businesses and organizations
- specialized options including aerial fitness, restorative yoga, senior yoga, children’s yoga and more.

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As part of the May 14 celebration, guests will be able to experience that accessibility firsthand through:

- a limited number of free 20-minute Aerial Stretch & Release sessions designed as an easy midday reset.
- hourly prize drawings
- special discounts on class packages
- light refreshments

For more information, class details or event updates, visit Topeka Yoga Network at: topekayoganetwork.com or follow them on Facebook and Instagram.

About Topeka Yoga Network

Founded in 2014, Topeka Yoga Network began by bringing yoga directly to workplaces and corporate group settings with the motto “We Bring The Yoga To You.” Their focus is on accessibility in movement and meeting people where they are (both figuratively and literally), they are serious about every “body” feeling welcome. The woman-owned business later expanded to a Downtown Topeka studio and today offers a wide range of classes with a focus on proper technique and continuing education maintaining the highest standards of a yoga practice.

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