



# NEWSLETTER

*The longest journey begins with the single step. -Lao Tzu*

## New Year, New You!

Does this slogan sound familiar? Each year, millions of people around the world make New Year's Resolutions. Regular yoga classes are a great way to encompass all of the goals you have for your body, mind and soul. What better time to get a jump-start on those New Year's Resolutions than at the beginning of the year, while they are fresh in your mind? Through our various classes, yoga can tone and strengthen your muscles. On a deeper level, regular yoga practice unites the mind, body and soul in harmony. You become more self-aware, confident and ready to take on life. Already a regular at yoga? Try out a different class for a change. Regardless of your resolutions for 2012, yoga can help you start the year off properly. **All it takes is a positive attitude!**

## January Specials

For month of January we are offering 15% off our 10 and 20 class passes and our yearly membership.

Student Special - Hot or Regular Yoga classes for students (high school, college & university)

10 class pass -\$80

5 class pass -\$50

Drop on - \$12

**Free Yoga Class - Saturday January 14th 1-2pm**

Once a month we will be offering a free yoga class..tell your friends about Us!

**Free Family Yoga Class - Saturday January 21st 1-2 pm**

Ages 5-10 1child/parent

Connect with your child and let your child connect with you. Yoga brings us closer as we play, stretch and meditate together. Yoga can change how kids see exercise, how they find balance and how proudly they see themselves.

### Lunch Time Yoga !

**Lunchtime Yoga Classes** are a perfect way to revitalize, relax and release tension caused by daily stresses in the workplace and home.

We offer convenient 45 minutes yoga classes for Beginner and Intermediate students. Each class consists of simple Yoga poses and stretches especially suited to the office worker, to release tension across the neck, shoulders, lower and upper back areas. These stretches are complimented by traditional Yoga standing poses to bring strength and tone to the entire body. The class concludes with a relaxation period, to renew the body and calm the mind.

### Tuesday & Thursdays

12:05-12:50

Drop in class \$8

10 Class pass \$70

## Reiki Workshop – Reiki Level 1

We are offering Reiki Level 1 workshop. During the workshop, you will receive the basic tools needed to heal yourself and others, including plants and animals. Students will practice basic hand positions. This work shop commences with a centering and breathing meditation. At the end student will be attuned into Reiki 1 level.

You will learn: The history of Reiki, The principals of Reiki, Basic Hand Placement and How to give a Reiki treatment

A desire to learn, a promise to be committed to Reiki and an open mind are the only things you are required to bring. Please contact studio to schedule an appointment, 905-469-3309