

ॐ DIVINE INSIGHTS

Divine Yoga Studio Newsletter

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New Years Eve Day Special Class!

Monday, December 31, 2018
3PM—430PM

“WRING out the old” and then “RING in the new year”
Twist Class

Afterwards, stay for a bit and enjoy some snacks and a toast to the new year!



The GIFT of YOGA!



DYS is now offering Gift Certificates! Just in time for the holidays and other special occasions!

Now when they ask what you want—you can tell them—

“I want the gift of YOGA!”

Tell Your Friends!

New Student/Beginner 4 Week

Iyengar Yoga Foundations Course

**Sundays 8AM—930AM
January 6, 13, 20 & 27
\$75 for all 4 classes.**

Register by calling 9096473964 or email amy@divineyogastudio.com

Student Spotlight Chris Cain

How and when did you start your yoga journey? -I started yoga in April 2010; eight weeks after a hip replacement. I was so stiff, I could barely sit on the floor with very little range of motion with my legs.

What benefits have you seen as a result of your yoga practice? Under Amy's guidance, I now stand taller and straighter. My back no longer hurts after 30 years. I feel younger and more limber at 65 than at 50. My yoga practice is complementary to my cycling. The stiffness and soreness of one's legs and back after three hours of pedaling a bicycle can be a challenging recovery. Iyengar yoga poses help extend and strengthen my spine, back, and legs so I can recover from those long bike rides.

What is your favorite pose and why? Headstand is my favorite pose. The stillness and control of my body brings a sense of relief and calmness. I always feel relaxed after a headstand. The blood flows so easily to my head.

What would you say to someone to encourage them to try Iyengar yoga? I encourage everyone to practice yoga if only to be able to bend over and tie your shoes at age 70 and not fall over.



Reminder! Amy leaves for India on Thursday, November 29, 2018. The modified

schedule of classes is below. Amy returns to teaching on Wednesday December 19th! Please continue to support the studio and these fine teachers by attending these classes while Amy is away! Thank you!

Day	Class	Time	Teacher
Monday	NA		
Tuesday	Yin Yoga	545PM	Angelina/ Kristen
Wednesday	Beginner/ Level I	6PM	Caitlin
Thursday	Dynamic Alignment	6PM	Angie B
Friday	NA		
Sunday	Mixed Level Class	4PM	Angie B